

4th Day Retreat
Led by Father William Meninger
October 2-5, 2008
Registration

Name _____

Address _____

_____ Zip _____

Phone: Day _____

Night _____

Email _____

Gender (circle one) Male Female

**Please attach any special dietary needs
and emergency contact information to this
form.**

1. Online Registration:

www.4thdayjourney.org

2. Telephone Registration:

336-790-8416

3. Mail: Please mail this completed form
and your check for \$_____ to Nexus
Journey, PO Box 9218, Greensboro NC
27429. Make checks payable to Nexus
Journey.

Room Choice: () Triple \$240/person

() Double \$265/person

() Single \$325/person

Roommate _____

Preference(s) _____

Nexus Journey
PO Box 9218
Greensboro, NC 29429

4TH DAY RETREAT
CENTERING PRAYER AND
THE CLOUD OF UNKNOWNING
OCTOBER 2-5, 2008



Led by Father William Meninger,
O.C.S.O.

ST FRANCIS PRAYER CENTER
STONEVILLE, NC

SPONSORED BY:
4TH DAY RETREAT MISSION GROUP
OF THE NC PRESBYTERIAN
PILGRIMAGE

What is a 4th Day Retreat?

The purpose of the 4th Day Retreat Mission Group is to provide a quiet space where retreatants can stop, rest, and refresh their spiritual journeys – a space where change and growth can take place. It is founded in “hospitality” in its deepest Christian meaning which is so richly reflected in the regular Pilgrimage weekends. Infused with the beauty of God’s created world, this space offers a place where we can deepen our relationship with God.

Who is Father William Meninger?

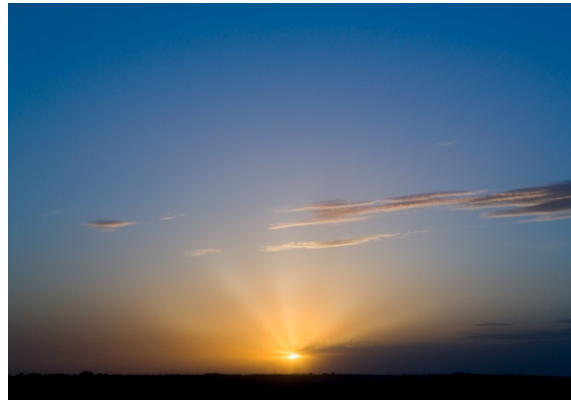
Father Meninger was one of the founders of the Centering Prayer movement and has written and recorded widely on contemplative prayer. The following testimony to Father Meninger comes from the Foreword to his book, The Loving Search for God: “William is a beautiful person. He speaks from the heart. A parish priest for six years, Father Meninger entered the Trappist Community in Spencer, Massachusetts, whose abbot was Thomas Keating. The simplification in his own prayer life puzzled him at first. Then he picked up the little fourteenth-century classic The Cloud of Unknowing. Here he found confirmation and clarification. Assigned to conduct retreats for the priests who came to the monastery, he found he was able to speak to them lovingly of this simple, simple way of prayer. That was [nearly forty] years ago. Now, having reread The Cloud more than a hundred times, and taught this simple method to thousands, and practiced what he preached, he set his hand to writing this “utterly simple book” Good. Read it.”

Who is invited to attend the Retreat?

You and your friends are! 4th Day Retreats are open to all who are seeking to deepen their spiritual journey.

Where is St. Francis Springs Prayer Center?

St. Francis Springs is a beautiful inter-faith retreat center located in Stoneville, NC (north of Greensboro, N.C.). Its mission is to promote spirituality through contemplative prayer and action. The retreat center is located on 140 acres and offers an inviting, peaceful environment. Its website is: www.stfrancissprings.com



What are the Details of the Retreat on October 2-5, 2008?

The Retreat will begin with dinner at St Francis Springs at 6:00 p.m. on Thursday, October 2, 2008. Participants should try to arrive by 5:30 p.m. to check in and get settled in their rooms before dinner. The Retreat will end after lunch on Sunday, October 5, 2008. Reservations may be made on a first-come, first-served basis (1) online at www.4thdayjourney.org; (2) by calling 336-790-8418; or (3) by completing and mailing

in the attached form which includes contact information.

What is the Cost of the Retreat?

The all-inclusive price is as follows:
Triple: (three to a room) \$240/person
Double (two to a room) \$265/person
Single (a room to yourself) \$325/person

Centering Prayer: Lifting Your Will to God

In Chapter 4 of his book, The Loving Search for God, Father Meninger writes:

Is it difficult to love God? How long does it take? Actually, as far as you are concerned, you do not have what it takes to love God. It is a free gift that God gives you. God constantly offers it to you. How long do you think it takes to love God? It takes but a moment. You have only to reach out and will to love God. You can do this in silence or you can very simply say: “God, I love you.” It takes only a brief moment. When you do this, you will experience that it is not only very easy but that you will tend to want to repeat it again and again. Sometimes it will be just a brief act of love offered in the midst of a busy day spent in pursuit of the myriad activities of your life-calling. At other times you will want to sit quietly in God’s presence repeating this act of love or simply savoring it. Gradually you will find your day becoming more and more filled with this love, spilling over into all you do. When this happens you are in what I would call the contemplative attitude. But you must remember that the contemplative attitude springs from the contemplative act – that is, lifting your will to God in response to God’s grace in love.