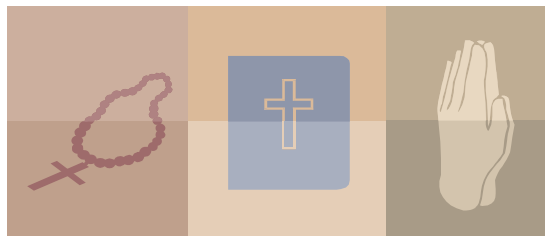


2010 Overnight Retreat by Fr. John Mergenhagen

Center of Renewal Retreat & Conference Center at Stella Niagara
134-scenic acres located only two miles north of the Village of Lewiston and Artpark
4421 Lower River Road ♦ Stella Niagara, NY 14144 ♦ 716-754-7376
hospitality@center-of-renewal.org ♦ www.center-of-renewal.org



“Assorted Short Subjects” WEEKEND RETREAT

Friday dinner through Sunday lunch, April 9-11, 2010 ♦ Must pre-register by Friday, March 26th

Fr. John has selected six insightful topics for this unique weekend retreat. Plan now! Sign up today!

1. **The Art of Dying Well:** (We only get one chance!) When Jesus spoke from the cross, those words were His ethical will. What is an ethical will? How do you make one?
2. **Total Forgiveness:** Does total forgiveness mean you have to resume an old relationship? Is that necessary? Is it possible? Is it wise?
3. **Contemplative Prayer:** When Jesus would spend the entire night alone in the loving presence of the Father, He was doing contemplative prayer. Are you discouraged at your efforts in doing this prayer? Let's try again and learn that surprisingly, your wandering thoughts may, in fact, play a vital and important part in the prayer.
4. **Peacemaking in the Heart (The Beginning of Peacekeeping on the Battlefield):** If 100,000 believed that war is obsolete and nations could solve their differences in peaceful ways, and another 100,000 believed the same ...and so on and so on ... could there be lasting peace? Learn from the experience and experiment of “The 100th Monkey”. At least there would be peace in the few square feet of the earth's surface on which you stand.
5. **Healing the Body through Faith-Imaging:** Why does Jesus, who could heal at a distance or with just a word, heal a blind man with a poultice of mud and saliva, or heal a man with a hearing impediment by putting His fingers into the man's ears? Learn how to use imagery as a healing prayer.
6. **Something New! Spiritual Journaling and Letter Writing:** When you write a letter to a close friend about a personal matter, you may be surprised to find that what began as a one-page note has become a four- or five-page letter. In writing, you slow down the thought process and flesh out your ideas, one thought leading to another thought. This is what happens in letter writing and journal keeping. Fr. John has maintained the practice of journaling for over 35 years, and many years ago, attended the Progoff Journal Workshop under Ira Progoff himself. *(If you have a journal or notebook, bring it. Otherwise, blank journals will be available at the retreat for a nominal fee.)*

First meal (5:00 pm dinner) on Friday with first formal retreat session starting at 7:00 pm Friday. Retreat ends after noon lunch on Sunday. You are welcome to arrive Fri. after 10:00 am and stay later on Sun. for private reflection. **\$174 per person for 2 nights' accommodations, 6 meals, and retreat. Must register by 3pm Fri., 3/26 to avoid late charge.** Participants have the option of adding days/nights for an extended private retreat ... **call 716-754-7376 for details.**

➔ **CONTACT US for details on more 2010 Center of Renewal retreats by Fr. John Mergenhagen:** *Seasonal Contemplative Prayer Meetings (Feb. 23, May 18, Aug. 17, Nov. 2); Contemplative Retreat Weekend (Oct. 29-31)*



REGISTRATION FORM: “ASSORTED SHORT SUBJECTS” w/Fr. John Mergenhagen (April 9-11, 2010)

NAME _____ PHONE _____

ADDRESS _____ CITY _____ STATE/PROV _____ ZIP/CODE _____

SPECIAL NEEDS? (PLEASE SPECIFY) _____ ESTIMATED TIME OF ARRIVAL ON FRIDAY _____

COST ENCLOSED: ___ \$50 non-refundable deposit; mail balance by April 1st ___ \$174 full amount

Make checks payable to: CENTER OF RENEWAL. **Mail to:** Center of Renewal – 4421 Lower River Road – Stella Niagara, NY 14144

Phone (716-754-7376) All reservations will be acknowledged via mail. Registrations are due at the Center of Renewal by 3/26/10.