



# LISTEN TO THE WHISPERS

*The Lord was in the silence...*

1 Kings 19:12

Experience how you are being called to the everyday benefits of being a “**contemplative in prayer**” and a “**contemplative in action**”. Experience how to better balance your life with silent prayer and reflection in order to truly understand all aspects of your life. Come and partake in this guided, interactive, women’s retreat which is a blend of contemplative prayer, creative activities, faith-sharing, and relaxation, as you begin to

***Slow down, be still and listen to the whispers...***

**Catherine D. Murray, M.A., LCDP** is a certified school counselor with a masters in holistic counseling from Salve Regina University and clinical training in bereavement, mental health and substance abuse issues. She has conducted retreats at La Salette Retreat Center in Attleboro, MA, Mt. St. Joseph’s in Bristol, RI and Our Lady of Peace Spiritual Life Center in Narragansett, RI. Catherine is a member of Christ the King Parish in Kingston, R.I.

**Lorna McCoy** is a Reiki practitioner. *Reiki bodywork will be optional and a donation is appreciated. Please bring your journal.*

**November 9, 2008**  
**Christian Brothers’ Retreat Center**  
**Narragansett, RI**  
*walking distance to historic seawall*  
**One Day Retreat**  
\$95.00  
(continental breakfast and lunch included)  
Sunday 9am – 4pm

**Heaven is Here!** Based on the teachings of the Christian mystics, this program consists of retreats on psychospirituality, which is the integration of one’s emotional, mental, physical, and spiritual well-being.

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**REGISTRATION FORM**

NAME \_\_\_\_\_ DATE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE (Home) \_\_\_\_\_ (Email) \_\_\_\_\_

Fill out registration form and make check payable to Catherine D. Murray. Mail to P.O. Box 5545, Wakefield, RI 02880. **SPACE IS VERY LIMITED.** Non-refundable registration of \$25 is required. For info, call Catherine at (401) 792-0033 or email [heavencdm@aol.com](mailto:heavencdm@aol.com)