

Retreat begins:

Monday, February 9

Arrival: 4:00 pm

Dinner: 5:30 pm

Opening session: 7:00 pm

Retreat ends:

Sunday, February 15

following lunch

Retreat fees: \$685. Mon. - Sun.

(Includes \$85. deposit, room, meals
and program)

Partial scholarships available.

Please register by Feb. 2, 2026

Final payment due Feb. 2, 2026

For further information, contact:

Sharon Allen

502-417-8721

sharonsallen@me.com

***KNOBS HAVEN from I-65**

Take exit **112** for **KY-245** 0.3 mi

Turn onto **KY-245 S** toward 18.8 mi
Bardstown
(In Bardstown, cross the major
intersection at 31-E, staying on
KY-245)

Turn left onto **US-150** 12.5 mi
E/Springfield Rd

Continue to follow **US-150 E**

At the red light, turn right onto 0.2 mi
US-150 BUS

At the traffic circle, take the **3rd**
exit and stay on **US-150 BUS** 0.9 mi

Turn right onto **KY-152 W** 9.6 mi

Turn right at **Loretto Motherhouse**, and
right to parking lot at Knobs Haven

*For detailed directions from other
locations, visit
the website for Knobs Haven at:
www.lorettoretreatcenters.com

For assistance while traveling,
call: 270-865-5811

*Contemplative Outreach
of Louisville*

is offering a

**Centering Prayer
7 Day Intensive
and
Post Intensive
Retreat**



February 9 - 15, 2026

Knobs Haven Retreat Center
Loretto Motherhouse
Nerinx, Ky.

Centering Prayer Int/Post Intensive Retreat

Please register by Feb. 2, 2026

Name_____

Address_____

City_____

State_____ Zip_____

Phone_____

Email_____

Special needs_____

Please check one:

Intensive_____

Post Intensive_____

1. \$85. deposit enclosed____

(final payment due by February 2)

2. Check payable to:

Contemplative Outreach of Louisville

3. Mail completed form with deposit to:

Centering Prayer Retreat

c/o Sharon Allen

3021 Meadowview Circle

Louisville, Ky. 40220

Or you may make the deposit and payments using
the Donate button on our webpage:

<https://centeringprayer.com/contemplative-outreach-of-louisville/>

BE STILL
AND
KNOW
THAT
I AM GOD.

PS. 46:10



Knobs Haven is located on the Sisters of Loretto's spacious farmland which includes three small lakes, walking paths, wooded areas and a gallery of the resident artist. Bring comfortable clothing and shoes for walking.

Retreat rooms are located in the two story Knobs Haven retreat house and on the third floor of the former Academy building.

Please note on the registration if handicapped accommodations are needed.



A Centering Prayer Intensive/ Post Intensive Retreat

An opportunity to deepen the practice of Centering Prayer and Lectio Divina in an atmosphere of silence, within community, and with an experience of solitude.

Two tracts: The Intensive retreat is for anyone who hasn't been on a Centering Prayer Intensive Retreat; includes video presentations by Fr. Thomas Keating.

The Post Intensive retreat is for those who have previously been on a Centering Prayer Intensive Retreat; an opportunity for deeper silence and solitude in community.

Facilitators:

Sharon Allen and Judy Sharer are experienced Centering Prayer retreat facilitators and commissioned presenters for Contemplative Outreach, LTD.

They serve on *Contemplative Outreach of Louisville's* Circle of Friends and are both spiritual directors.