

**Soul Friending &
Centering Prayer Retreat**

REGISTRATION

1. Please register by February 12, 2027

Name_____

Address_____

City_____

State_____ Zip_____

Phone_____

Email_____

Special needs or handicapped
accommodations _____

**2. A non-refundable \$50. deposit
is enclosed _____**

Check payable to:

Contemplative Outreach of Louisville

or "donate" on webpage: [Donate](#)

3. Mail completed form with deposit to:

Sharon Allen
3021 Meadowview Circle
Louisville, Ky. 40220

***To 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 assistance while on route, call:
270-865-5811

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

**Contemplative Outreach
of Louisville**

is offering a

**Soul Friending &
Centering Prayer
Retreat**



February 18 - 21, 2027

Knobs Haven Retreat Center
Nerinx, Ky.

Soul Friending is consenting to God's presence and action in others as well as within ourselves. As we grow in stillness are able to listen to others in a new way, more deeply, without judging or offering advice. Others feel accepted and heard.

The retreat includes presentations on Soul Friending with time for practice. All will be held within an atmosphere of silence and solitude, in community, with daily Centering Prayer periods.



Retreat begins:

Thursday, Feb. 18

Arrival: 4:00 pm - 5:00 pm

Dinner: 5:30 pm

Opening session: 6:30 pm

Retreat ends:

Sunday, February 21
following lunch

Retreat fees: \$385.

(Includes - room, meals, program
and non-refundable \$50. deposit)

Final payment due Feb. 12, 2027

Partial scholarships available.
For further information contact:

Sharon Allen

502-417-8721

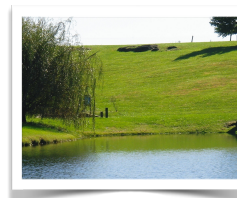
sharonsallen@icloud.com

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 artist Jean Dueber, SL. 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.



Cherry Haisten, retreat leader, is a longtime presenter of workshops on *Centering Prayer*, *The Welcoming Prayer*, and *Discernment* which she has regularly practiced for over three decades. She is a presenter for Contemplative Outreach's Living Flame Program. Cherry has led workshops and retreats in many places around the U.S. and in British Columbia. With her colleagues on the Welcoming Prayer Service Team, she worked to revise the 2016 Welcoming Prayer Contemplative Life Program booklet and to write materials for the Spirituality and Practice online Welcoming Prayer courses.

An English major and former writing instructor, Cherry went back to school in middle age for a Master of Arts in Transforming Spirituality at Seattle University School of Theology and Ministry. At this Jesuit school, her program included an emphasis on Ignatian direction and discernment. Combining this training with her study of the contemplative dimension of the Gospel and Benedictine spirituality has been a joy. Cherry is delighted to pass on to other seekers something of what she has been blessed to receive.