



REDEMPTORIST RENEWAL CENTER

AT PICTURE ROCKS

...a desert spiritual life center

## Contemplative Intensive Retreat

Father Pat Hawk, CSsR

The Contemplative Intensive Retreat offers participants the opportunity for an extended period of practice of an ancient Christian tradition of prayer and meditation. At a retreat, participants separate themselves from their daily affairs in order to enter deeply into contemplation, free to transcend the background chatter of their busy mind. These retreats follow the style and format initiated by Fr. Willigis Jaeger, OSB. Formal procedures are observed. Participants sit together, but do not interact. Silence is observed throughout the retreat with the exception of the opening and closing meals and private interviews with the teacher.

The retreat consists of four blocks of sitting: early morning, late morning, afternoon and evening. Each block is divided into periods of 25 minutes of sitting. There is a five-minute period of walking contemplation between each sitting. Private interviews with the teacher are held during blocks of sitting. There is a daily work period. Bring clothing suitable for gardening and other outdoor and indoor chores. Participants are expected to fully participate in the daily cycle unless prior arrangements have been made.

What is Contemplation? It is the summation of the Christian life. It is the realization and fulfillment moment by moment of the primal Christian injunction: *Love your God with all your heart, all your soul, all your strength and all your mind, and love your neighbor as yourself (Mt. 22:37,39)*. Contemplation is the fruit of personal practice and experience. The experience is primarily the personal realization of the inseparable wholeness of the Divine and human. ...



Father Pat Hawk is a Redemptorist priest. He is director of the Pathless Path Retreats. He has completed degrees in philosophy, theology and English literature. Father Hawk is a qualified teacher of contemplation, having completed studies in the Catholic tradition of Contemplation and Mysticism under the direction and personal guidance of Fr. Willigis Jaeger, OSB. Father Hawk conducts retreats throughout the western United States.

For more information about Contemplative Intensive Retreat, please contact:

Carmen Patterson at 520.744-3400 x 111, or [office@desertrenewal.org](mailto:office@desertrenewal.org), or visit our website: [www.desertrenewal.org](http://www.desertrenewal.org)

Redemptorist Renewal Center. 7101 W. Picture Rocks Road, Tucson, AZ 85743-9645

Tel. 520.744-3400; Toll Free. 866.737-5751; Fax 520.744-8021