

REGISTRATION FOR *Contemplative Intensive Retreat*

☐ Resident ☐ Commuter

November 21-23, 2025

Name: _____

HmPh: _____

WkPh: _____

E-Mail: _____

Address: _____

City: _____

St: _____

Zip: _____

A \$35.00 non-refundable/non-transferable deposit is required for a confirmed reservation prior to the retreat.

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

What will you be sitting on? ☐ Cushions ☐ Sitting bench ☐ Posture chair ☐ Chair

Contemplative Intensive Retreats Redemptorist Renewal Center

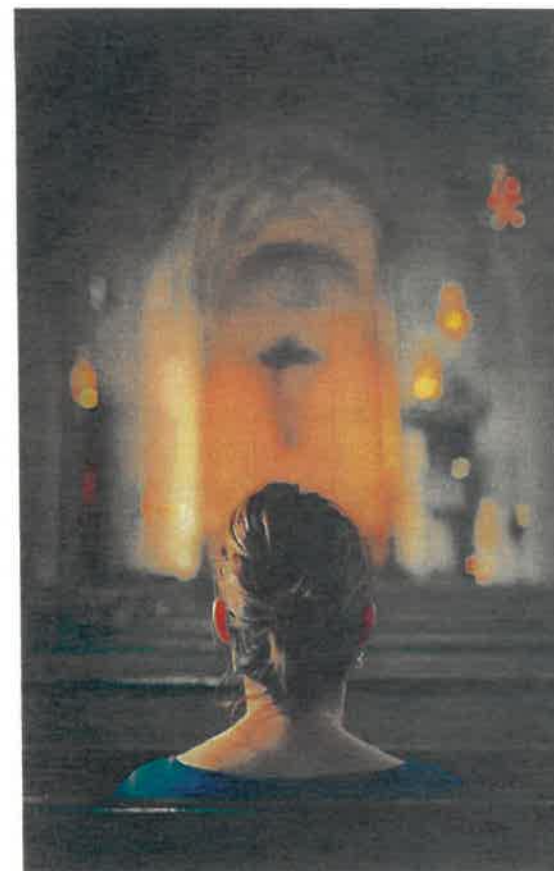
Cost of Weekend Retreat:
\$350.00 Private Room/Meals
\$200.00 Commuter

For further information or to register,
please contact:

Office Receptionist
7101 W. Picture Rocks Road
Tucson, AZ 85743
520.744.3400 ext. 7101
office@desertrenewal.org



*Call before registering. Dates and fees
are subject to change without notice.*



Contemplative Intensive Retreat at Redemptorist Renewal Center

November 21-23, 2025

REDEMPTORIST RENEWAL CENTER
7101 W. PICTURE ROCKS ROAD
TUCSON, AZ 85743
520.744.3400 ext. 7101

The Contemplative Tradition

Contemplation is an ancient Christian tradition rooted in the Scriptures and the life of Jesus. It developed during the 2nd and 3rd centuries, an age of ambiguity and uncertainty not unlike our own, attracting thousands of lay men and women who yearned to lose themselves in God. The early Christians who practiced a lifestyle that we describe as *contemplative*, left us a rich heritage with explicit instructions on living the New Life in Christ.

Today, Contemplation is often identified with either monasticism or mysticism, which is a misleading association. For the first Christian contemplatives it was simply the Christian way of living the grace of God at every moment. Through the centuries, the testimony of their lives has inspired countless individuals who have a deep desire to conform themselves to Christ.

What is Contemplation?

Contemplation is a summation of the Christian life. It is the gradual 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 cannot be learned by talk, study, lectures, or other intellectual activity. Contemplation is the fruit of personal practice and experience. The experience is a personal realization of the inseparable Wholeness of the Divine and the human. It is the fruition of Christ's dictum: *He who saves his life will lose it, while he who brings himself to naught for my sake discovers who he really is.* (Mt. 10:39)

This practice follows the ancient Christian tradition of Contemplation at specific times of prayer, and especially under all circumstances and conditions of ordinary daily life: at prayer, peeling potatoes, washing dishes, cleaning, gardening, sleeping, etc.; a practice that fulfills the directive of St. Paul to *Pray always*.

The Contemplative Retreat

The Contemplative Intensive Retreat offers the opportunity for an extended period of practice. At a retreat we separate ourselves from our daily affairs to sink deeply into contemplation, discovering the freedom of transcending the background chatter of our busy, superficial mind.

These retreats follow a style and format initiated by Fr. Willigis Jaeger, OSB. Formal procedures are observed. We sit together but we do not interact. Silence is observed throughout the entire retreat, except for the opening and closing meals, and private interviews with the retreat director.

Sample Retreat Daily Schedule

6:00 am	Rise
6:30 am	Contemplation
7:55 am	Morning Prayer
8:00 am	Breakfast, Work, Rest
9:30 am	Contemplation
10:00 am	Conference, Interviews
12:00 noon	Lunch, Rest
2:15 pm	Contemplative Exercise
4:45 pm	Outside walking on your own
5:25 pm	Eucharist
6:00 pm	Dinner, Rest
7:30 pm	Contemplation
8:55 pm	Night Prayer
9:00 pm	Retire

Guidelines

The Retreat consists of four blocks of contemplative sitting: early morning, late morning, mid-afternoon, and evening. Each block is divided into three periods of 25 minutes of sitting with a five-minute period of walking meditation between them. Private interviews with the teacher are held during blocks of sitting. There is an optional daily work period. It is expected that everyone will participate *fully* in the daily cycle unless prior arrangements have been made.

Wear solid color dark (black or navy) conservative, comfortable clothing. Bring clothing suitable for outdoor and indoor work. No shorts or tank tops. No perfume or elaborate jewelry, please.

Leave books and cell phones at home. Spend your free time resting, walking, or practicing contemplation.

The retreat begins with check-in between 3-5 pm on the first day, dinner at 6 pm and an orientation at 7:30 pm. The retreat ends with lunch on the last day.

Father Steve Rehrauer, C.Ss.R., Director of the Redemptorist Renewal Center in Tucson, Arizona, has degrees in Philosophy, Theology, Religious Education, and a Doctorate in Moral Theology. While teaching Moral Theology for many years in both Madrid and Rome he also travelled extensively directing workshops in Asia, the Americas, and Africa. He has practiced Christian contemplation, Centering Prayer, zazen meditation, and Tai Chi Chuan for more than 40 years, and holds a 6th dan rank in Aikido from the Aikido Hombu International.