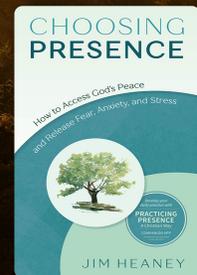


CHOOSING PRESENCE

Awakening to God's Peace and Presence

January 23-25, 2026 | Carmelite Spiritual Center

We need to stop sleep-walking through life. Awakening to presence within and around us is critical to being human, holy and alive.



Practicing Presence invites men to slow down, breathe deeply, and awaken to the transforming power and gift of Divine Presence. Through engaging teachings, guided practices, councils, wandering in nature, and sacred ritual, participants will learn to cultivate a rhythm of meditation & centering, described in Jim Heaney's book *Choosing Presence*.

OPEN TO ALL MEN

Sponsored by the St. Thomas Men's Group & Illuman of Illinois

ROOM OPTIONS

\$290 - DOUBLE ROOM

\$370 - SINGLE ROOM

INCLUDES PROGRAM, ROOM, AND 5 MEALS

\$235 - COMMUTER RATE

INCLUDES PROGRAM AND 5 MEALS



Co-led by author **Jim Heaney**, Pastor **Jim Taylor**, and Presence Guide **Brian Mueller**, this retreat will help ground men in the Practice of Presence—one of the Centering Touchstone practices on the Journey of Illumination—while offering resources for ongoing practice. Each participant will receive a copy of *Choosing Presence* and is also invited to download the free Practicing Presence - A Christian Way mobile app today!

Awaken and be more present to life and the Divine present within and around us.

Pre-registration by January 21st
Register: (630) 969-4141 or email:
retreats@carmelitespiritualcenter.org

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