

I Have Stilled and Quieted My Soul

Oct 31, 2026 • 9:00 AM - 1:00 PM •

Shepherd of the Hills UCC, 5524 E. Lafayette Blvd., Phoenix, AZ



God constantly is speaking to us from deep within our souls. But our ability to hear and love that voice is impeded by the constant frantic noise of the world around us. We become so used to noise we even in moments of silence we usually will create internal noise in our minds. Actively stilling and quieting our souls enables us to hear that voice of our creator who speaks to us in a language without words.

Rev. Stephen T. Rehrauer is Director of the Redemptorist Renewal Center Tucson, where he regularly conducts intensive contemplative retreats throughout the year.

Rev. Rehrauer was ordained a Redemptorist Priest in 1980. He holds several academic degrees and has taught moral theology and anthropology in Madrid and Rome and directed workshops in Asia, the Americas and Africa. He has extensive pastoral experience.

He has been practicing Christian Contemplation, Centering Prayer, Zazen Meditation, and Tai Chi Chuan for more than 40 years.

Fee of \$25 (scholarships available). Register: www.contemplativeoutreach-phoenix.org

Or mail registration to: Sister Rachel Torrez

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Name: _____

Address: _____

Phone: _____

Make check out to *Contemplative Outreach of Phoenix*

For questions or additional information contact: Sister Rachel at (602) 663-1851