



Christine Bender

Christine Bender, D.C. joined COSEW in 2016 after moving from Littleton, Colorado where she practiced centering prayer since 2000. She facilitated Thomas Keating's Spiritual Journey Series, and Prayer Immersions at the Center for Contemplative Living in Denver and with COSEW.

She has lead weekend and Post-intensive retreats at Sacred Heart Retreat Center in Sedalia, CO and Peacewhisper in Utah. "Contemplation and living in the presence and action of God is the most important thing, in silence and in nature.

Fr. Keating says it best, for me, 'The spiritual journey is truly the greatest adventure of a lifetime!'"