

Save the Date!



What: Centering Prayer Silent Retreat,
together with Ignatian Spirituality sessions

When: May 29-31, 2026

Where: Sacred Heart Monastery, Cullman, AL

Cost: \$310 per person, single occupancy only
Only 24 spaces available. Sign up now!

Contemplative Outreach Birmingham will offer a three-day hybrid retreat in May, 2026. This retreat will combine silence and Centering Prayer with teaching sessions on Ignatian Contemplative Spirituality. Our teacher will be Rev. Becca Walton, Associate Rector, Saint Luke's Episcopal Church, Birmingham

Register [here](#)



The Rev. Becca Walton is Associate Rector at Saint Luke's Episcopal Church in Birmingham, where she leads the church's outreach, pastoral care, and senior adult ministries. She teaches a formation class that explores Scripture through Ignatian contemplation and lectio divina. She began her ordained ministry at All Saints' Episcopal Church in Tupelo, Mississippi where she served as chaplain to a domestic violence and sexual assault shelter, and worked closely with people experiencing hunger and homelessness. Becca attended seminary at Sewanee, and is an alumna of the Community of St. Anselm, a new monastic order founded by the Archbishop of Canterbury. While in the Community of St. Anselm, Becca was immersed in Ignatian and Benedictine Spirituality. Originally from East Tennessee, Becca received degrees in history and American Studies from the University of Virginia and the University of Mississippi. Before seminary, her career was in arts and nonprofit management, and she also served as Associate Director at the Center for the Study of Southern Culture at the University of Mississippi.