

# ***Contemplative Experience and Practice***

**Friday, June 26 and June 27, 2020**

## **Friday, June 26, 7:00 – 8:30 PM**

Fr. Gueric will explore what is a Contemplation and what it is not, help you identify contemplative experience in your life and how Contemplative Practice can change our perspective of life.

## **Saturday, June 27, Kathy Tosney will explore the following:**

### **10:00 AM - Noon**

1. Welcome – Opening Prayer, Introduction & Format for the Day
2. History of Centering Prayer
3. What is Centering Prayer – The Nuts & Bolts
4. Centering Prayer Sit -20min. Sacred Word & Guided Instructions
5. Process Questions

### **12:00-1:00 PM Silent Lunch Break**

### **1:00-3:00 PM**

1. Illusions of Centering Prayer
2. Centering Prayer Sit – 15 min with Guided Instructions
3. Practical Points of Centering Prayer
4. Centering Prayer Sit – 15 min
5. Questions from Retreatants
6. Closing Prayer