

Contemplative Experience and Practice

Friday, June 26 and June 27, 2020

Friday, June 26, 7:00 – 8:30 PM

Fr. Guerric 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