



## Celebrating Life Centering Prayer Commuter Retreat

First United Methodist Church in Colorado Springs – July 6-10, 2020.

### Monday

- 8:30 Arrival, Registration
- 9:15 Opening Session – Welcome, Introductions  
Review of the Method of Centering Prayer  
Centering Prayer (1 x 30 minutes)
- 11:00 Video Conference: Psychological Experience of Centering Prayer
- 12:00 Lunch with Conversation
- 1:15 Centering Prayer (2 x 30 minutes)
- 2:30 Conference
- 3:45 Centering Prayer (1 x 30 minutes)
- 4:20 Closing ritual: Wrap up and send off
- 5:00 Retire in silence and solitude to sabbath rest
- 7:00 Lectio Divina Liturgy via phone conference

### Tuesday, Wednesday, Thursday

- 8:30 Arrival
- 9:00 Centering Prayer (2 x 30 minutes)
- 10:30 Conference
- 12:00 Lunch in Silence
- 12:45 Optional: Soul Friending with retreat leaders
- 1:30 Centering Prayer (1 x 30 minutes)
- 2:15 Conference
- 3:45 Centering Prayer (1 x 30 minutes)
- 4:20 Closing ritual: Wrap up and send off
- 5:00 Retire in silence and solitude to sabbath rest
- 7:00 Lectio Divina Liturgy via phone conference

### Friday

- 8:30 Arrival
- 9:00 Centering Prayer (1 x 30 minutes)
- 10:00 Conference
- 12:00 Lunch with Conversation
- 1:30 Centering Prayer (1 x 30 minutes)
- 2:15 Conference
- 3:30 Centering Prayer (1 x 20 minutes) and Lectio Divina  
Closing Ceremony
- 5:00 Retire to Ordinary Time

#### **DRAFT SCHEDULE**

Our prayer circle and conferences meet in the in the south wing of the first floor.

Please be on time for all gatherings.

**Conferences:** The Prayer of Abandonment *and* Centering Prayer in Our lives

The Four Perspectives and The Three Questions *and* One-on-one sharing, journaling and guidelines for listening

Looking at your life through the Three Questions, the human condition, daily routine, prayer practices, graces and the manifestation of God in your life