

**Contemplative Outreach Eastern Ontario/West Quebec
A Guided Silent retreat for Spring 2025**

Opening to the Heartbreak of the World

Thursday, May 15th

Registration between 4:30-5:30pm

5:30pm Supper with conversation

7:00pm-

Welcome, Introduction

Evening prayer

Grand Silence begins until Closing.

Friday, May 16th

7:30 - Morning prayer

8:00 - Breakfast

9:30-10:15am

Contemplative prayer 2x 20 minutes with stretch in between.

10:30-noon

Opening to the Heartbreak of the World- part 1

12 noon - Lunch and open time

Open time –Art table, Soul friending

2:45- 3:30pm

Contemplative prayer 2x 20 minutes with stretch in between.

3:30-5:30 - ***Opening to the Heartbreak of the World- part 2***

5:30pm – Supper

7:00pm - Evening prayer

8:00pm -Theme reflection and dialogue (optional)

Saturday, May 17th

7:30am Morning Prayer

8:00 Breakfast

9:30- 10:15 – CP x 20 minutes with stretch in-between

10:30-noon- *Opening to the Heartbreak of the World- part 3*

12 noon - Lunch and open time

Open time –Art table, Soul friending

2:30pm-3:30pm –Refreshments and Closing.

Please note: Weather permitting much of our Spring retreat will be held outside -The land, river and forest of the Galilee centre offering itself to our contemplation. Please bring appropriate clothing and a small folding chair. We will have a few available.

Contemplative Outreach teaches and practises the way of Centering Prayer, however, all ways of silent prayer are most welcome. <https://coeo.ca/>