

**Contemplative Outreach Eastern Ontario/West Quebec  
A Centering Prayer retreat for Advent 2024  
*The Heart of Centering Prayer\****

**Thursday, November 14<sup>th</sup>**

Registration between 4:00-5:00pm

**5:00pm** Supper with conversation

**7:00pm**- Welcome, Introduction/review of Centering prayer

Evening prayer

*Grand Silence begins until Closing.*

**Friday, November 15<sup>th</sup>**

**7:30** - Morning chant and CP

**8:00** - Breakfast

**9:30-11:00am**

**Teaching** – *The Heart of Centering Prayer* - followed by Centering prayer 2 x 20 minutes with stretch in-between.

**11:15** - - Walking meditation

**12 noon** - Lunch and open time

**Open time** – Available Labyrinth, Art table,

1:00-2:00pm Soul friending - 4x 15-minute spots

**3:45pm -Teaching** –*The Heart of Centering Prayer 2*

followed by Centering prayer 2 x 20 minutes with stretch in-between.

**5:00pm** – Supper

**7:00pm** - Evening prayer, followed by optional Q and A – Centering Prayer, Meditation

**Saturday, November 26<sup>th</sup>**

**7:30am** Morning chant and CP

**8:00** Breakfast

**9:30- 10:15 – Teaching-** *The Heart of Centering Prayer -3*

followed by CP x 20 minutes with stretch in-between.

**11:15** - - Walking meditation

**12 noon** - Lunch and open time

**Open time** – Available Labyrinth, Art table,

1:00-2:00pm - Soul friending - 4x 15-minute spots

**3:30-4:00pm pm** –Refreshments and Closing

**\*Note the Teaching sessions will draw on Cynthia Bourgeault' s book  
*The Heart of Centering Prayer, Nondual Christianity in Theory and Practice*  
*not necessary to buy or read -more FYI***

*' what is gathered in contemplation is given out in love' Meister Eckhart*