



***Centering Prayer and the Relationship  
Between Contemplation and Action***

A Silent Centering Prayer Retreat  
November 17-19, 2017

**DAILY SCHEDULE**

**FRIDAY**

3-6 Arrive and settle in  
6 Dinner Willow Dining Rm\*  
7 Welcome & Orientation to Mercy Center Aspen Room\*\*  
7:15 Conference  
7:45 Evening Centering Prayer and enter into Silence Rose Room\*\*\*

**SATURDAY**

7 Centering Prayer  
7:30 Breakfast (silent)  
8:30 CP Instruction for anyone who would like it Aspen Room  
9 CP (Sit, walk, sit)  
10 Conference  
11:30 CP  
  
Noon Lunch (silent)  
  
1-3 Contemplative free time (rest, body work, labyrinth, nature, walking)  
3 CP (Sit, walk, sit)  
4:30 Conference  
Break  
6 Dinner (silent – or optional conversation in the Maple dining room)  
7:15 Evening Prayer – Prayer for the World Rose Room  
8:15 Evening concludes

**SUNDAY**

7 CP  
7:30 Breakfast  
9 CP (Sit, walk, sit)  
10:00 Break  
10:30 Contemplative Liturgy & closing of the retreat  
  
Noon Lunch and departure

\*Meals in Willow Dining Room, 1<sup>st</sup> floor

\*\*Conferences in Aspen Room, Ground floor

\*\*\*Centering Prayer in Rose Room, ground floor