



Centering Prayer Post Intensive Schedule

**Sunday, May 20, 2018 to
Saturday, May 26, 2018 at 9:00 a.m.**

SUNDAY, MAY 20

3-6	Arrivals, registration, settle in time	
6:00 p.m.	Dinner	Willow*
7:15	Opening Session	Aspen**

MONDAY, MAY 21

6:25 a.m.	Gentle yoga (optional)	Pine**
7:00	Centering Prayer (1X)	Rose**
7:30	Breakfast	Willow
8:25	Review of CP method (optional)	Pine
9:00	Cynthia Bourgeault video (optional)	Birch**
10:00	Centering Prayer (2X)	Rose
11:00	Check-in interviews, free time	
11:30	Eucharist (Optional)	Marian Oaks
12:00 noon	Lunch	Willow
1:00 p.m.	Contemplative free time, <u>check-in interviews</u>	
3:00	Centering Prayer (3X)	Rose
4:30	Walking Meditation	Outdoors (or Aspen)
5:15	Centering Prayer (1X)	Rose
6:00	Supper	Willow
7:30	Centering Prayer (1X)	Rose

TUESDAY, WEDNESDAY, MAY 22-23

6:25 a.m.	Gentle yoga (optional)	Pine
7:00	Centering Prayer	Rose
7:30	Breakfast	Willow
9:00	Video (optional)	Birch
10:00	Centering Prayer (3X)	Rose
11:30	Eucharist (Optional)	Marian Oaks
12:00 noon	Lunch	Willow
1- 3:00 p.m.	Contemplative free time, rest, exercise..	
3:00	Centering Prayer (3X)	Rose
4:30	Walking Meditation	Outdoors
5:15	Centering Prayer (1X)	Rose
6:00	Supper	Willow
7:30	Centering Prayer (1X)	Rose#

* First floor

** Ground floor

Weds evening CP in the Aspen room



THURSDAY, MAY 24

6:25 a.m.	Gentle yoga (optional)	Pine
7:00	Centering Prayer.....	Rose
7:30	Breakfast	Willow
9:00	Video (optional)	Birch
10:00	Centering Prayer (3X)	Rose
11:30	Eucharist (Optional)	Marian Oaks
12:00 noon	Lunch	Willow
1- 3:00 p.m.	Contemplative free time, rest, exercise...	
3:00	Centering Prayer (3X)	Rose
4:30	Walking Meditation.....	Outdoors
5:15	Centering Prayer (1X)	Rose
6:00	Supper	Willow
7:15	Prayer for the world.....	Rose
	Centering Prayer (1X)	Rose

FRIDAY, MAY 25

6:25 a.m.	Gentle yoga (optional)	Pine
7:00	Centering Prayer (1X)	Rose
7:30	Breakfast	Willow
9:00	Centering Prayer (1X)	Rose
9:30	Walking Meditation.....	Outdoors
10:00	Centering Prayer (3X)	Rose
11:30	Eucharist (Optional)	Marian Oaks
12:00 noon	Lunch	Willow
1-3:00 p.m.	Contemplative free time, rest, exercise...	
3:00	Centering Prayer (2X)	Rose
4:00	Walking Meditation.....	Outdoors
4:30	Centering Prayer (1X)	Rose
6:00	Supper – Conversation optional	Maple or Willow
7:15	Eve Prayer, Closing Circle & Social	Aspen, Pine

SATURDAY, MAY 26

7:00 a.m.	Centering Prayer (1X).....	Rose
7:30 a.m.	Breakfast (with conversation)	Willow
9:00 a.m.	Departure	



INTERVIEWS WITH FACILITATORS
See sign-up sheets on table in Pine Room.

