

The Ultimate Reality is Love

A Silent Centering Prayer Retreat February 15-17, 2019

Schedule

FRIDAY

- 3-6 Arrive and settle in
6 Dinner Willow Dining Rm*
7 Welcome & Orientation to Mercy Center Birch Room**
7:15 Introduction to our themes for this weekend
7:45 Evening Centering Prayer and enter into Silence Rose Room***

SATURDAY

- 6:25 Gentle yoga (optional) Pine Room****
7 Centering Prayer
7:30 Breakfast (silent)
8:30 CP Instruction for anyone who would like it Birch Room
9 CP (Sit, walk, sit)
10 Keating Video and dialogue
11:30 CP

Noon Lunch (silent)

- 1-3 Contemplative free time (rest, body work, labyrinth, nature, walking)
3 CP (Sit, walk, sit)
4:30 Keating Video and dialogue
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

- 6:25 Gentle yoga (optional)
7 CP
7:30 Breakfast
9 CP (Sit, walk, sit)
10:00 Break
10:15 Video
10:40 Closing Circle
11:00 Break, Liturgy

Noon Lunch and departure

*Meals in Willow Dining Room, 1st floor

**Conferences in Birch Room, Ground floor

***Centering Prayer in Rose Room, ground floor

**** Yoga in Pine Room, Ground floor