

Centering Prayer

Join Us VIRTUALLY from Home or at Mercy Center

*"Be still and know
that I am God."
-Psalm 46:10*



9 - Day Silent Intensive I and II Retreat

March 18 - March 26, 2021

Come rest in the stillness of prayer with other contemplative companions, away from the busyness of daily life, and allow the mind, body, and spirit to surrender to God's presence and action within.

This retreat will be offered online, using Zoom. Everyone will participate in prayer, videos, and group sessions on Zoom. You may reside at the Mercy Center as an individual retreatant or in your own home or other lodging.

This retreat offers two tracks simultaneously: Intensive I and Intensive II. For both tracks, there

will be 3 sets of three 20 minute periods of Centering Prayer daily and 2 sessions of viewing recorded talks from The Spiritual Journey, a 5-part series of talks by Thomas Keating. Intensive I views selected talks mostly from Part 2. Intensive II views talks mostly from Parts 3 and 4.

Lectio Divina and a contemplative service will be offered daily, as well as optional individual meetings with the staff. Throughout the retreat, we will be in silence.

Pre-requisite: A daily practice of centering prayer for 6 months or longer.

The retreat will be facilitated by Susan Turpin, Leslee Terpay, and Fr. Bill Sheehan, OMI. Susan, Leslee, and Fr. Bill have served within the Contemplative Outreach network for many years and led many Centering Prayer retreats and workshops.

Retreat begins Thursday, March 18th with check-in starting at 5:00pm; orientation at 7:00pm; ends Friday, March 26th after lunch.

For more information, contact Susan Turpin at 541-324-1207 or slturpin@me.com or Leslee Terpay at 720-315-8120 or co-leslee@comcast.net.



*Sponsored by
Contemplative Outreach*

REGISTRATION FORM

9-Day Silent Intensive Centering Prayer Retreat - March 18-26, 2021

Name: _____ Phone: _____

Address: _____ City/Zip: _____

Email: _____ Credit Card _____
_____ Visa _____ Mastercard _____ Amex Exp. Date _____ CID _____

\$650 resident (\$75 non-refundable deposit) \$350 non-resident (for virtual platform if necessary) (\$75 non-refundable deposit)



Mercy Center Auburn • 535 Sacramento Street • Auburn, CA 95603 • 530-887-2019
or register online at www.mercycenter.org

Centering Prayer Intensive I & II Retreat Schedule DRAFT

Opening Night -Thursday

- 5:00 pm Greetings and check in
- 6:00 pm Supper with talking
- 7:00 pm Opening and Orientation
Discussion of & entry into the Grand Silence

Friday, Saturday, Sunday, Tuesday, and Wednesday

- 6:30 am Three 20-minute periods of Centering Prayer
- 7:45 am Breakfast in silence
- 9:00 am Conference/Video
- 10:30 am Three 20-minute periods of Centering Prayer
- 12:00 pm Lunch optional — hear reading from *Open Mind Open Heart*
- 12:45-2:15 pm Individual conversations with staff
- 2:30 pm Conference/Video
- 4:00 pm Three 20-minute periods of Centering Prayer
- 5:30 pm Supper in silence
- 7:00 pm Lectio Divina / Eucharist

Monday – Hermit Day

This is a day to retreat from the retreat. It will follow a normal prayer schedule but everything is optional. There will be no videos and no individual conversations with staff, but staff is available.

- 6:30 am Three 20-minute periods of Centering Prayer
- 7:45 am Breakfast in silence
- 10:30 am Three 20-minute periods of Centering Prayer
- 12:00 pm Lunch in silence
- 4:00 pm Three 20-minute periods of Centering Prayer
- 5:30 pm Supper in silence
- 7:00 pm Lectio Divina / Eucharist

Thursday

- 6:30 am Three 20-minute periods of Centering Prayer
- 7:45 am Breakfast in silence
- 9:00 am Conference/Video
- 10:30 am Three 20-minute periods of Centering Prayer
- 12:00 pm Lunch optional — hear reading from *Open Mind Open Heart*
- 12:45-2:45 pm Individual conversations with staff
- 3:15 pm Conference/Video
- 4:45 pm Two 20-minute periods of Centering Prayer
- 5:30 pm Supper
- 7:00 pm Lectio Divina / Eucharist - Resume eye contact

Closing Day / Friday

- 6:30 am Three 20-minute periods of Centering Prayer
7:45 am Breakfast in silence
9:30 am Closing session
11:30 am One 20-minute period of Centering Prayer
12:00 pm Lunch with talking

Each video session is followed by an optional 15 minute discussion.

Conference/Videos for Intensive I Retreat

- Friday: AM Conference on Method of Centering Prayer, Q&A
PM Continue Conference on Method of Centering Prayer, Q&A
- Saturday: AM Prologue: Psychological Experience of Centering Prayer
PM #0 Attitudes Toward God
- Sunday: AM #1 Prayer as Relating to God
PM #6 Evolutionary Model of Human Condition
- Tuesday: AM #7 Existential Model
PM #8 Pre-Rational Energy Centers
- Wednesday AM #9 Frustrations Caused by Emotional Programs
PM #10 Dismantling the Emotional Programs
- Thursday: AM #11 False Self in Action
PM #12 Four Consents (Bernie)

Conference/Videos for Intensive II Retreat

- Friday: AM Prologue: Psychological Experience of Centering Prayer
PM # 5 Progress in Centering Prayer
- Saturday: AM # 15 Liberation from the False-Self System
PM # 16 Liberation from Cultural Conditioning
- Sunday: AM # 17 Spirituality in Everyday Life
PM # 18 Night of Sense: The biblical Desert
- Tuesday: AM #19 Night of Spirit: Towards Transformation
PM #20 The Beatitudes: Healing the Emotional Programs
- Wednesday: AM # 21 The Spiritual Senses
PM # 23 From Contemplation to Action
- Thursday: AM # 24 Most Excellent Path
PM # 25 The Divine Banquet and Dance