

# 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, Marty Badgett, and Fr. Bill Sheehan, OMI. Susan, Marty, 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 Marty Badgett at 650-862-5451 or mbadgettexas@gmail.com.



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)  Your Choice of \$350 - \$650 non-resident (\$75 non-refundable deposit)



Mercy Center Auburn • 535 Sacramento Street • Auburn, CA 95603 • 530-887-2019

or register online at [www.mercycenter.org](http://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