



Umberto Boccioni, *Dynamism of the Human Body*, 1913

## Welcoming Prayer and Centering Prayer Retreat June 10-14, 2022

### Friday

4:00-5:00pm Registration at Conference Center  
6:00pm Dinner (with conversation)  
7:00pm Welcome, Centering Prayer, Compline  
*Begin Grand Silence*

### Saturday

6:00am Rise  
6:30am Prayerful awakening/movement  
7:15am 2 periods of Centering Prayer  
8:30am Breakfast  
10:30am Welcoming Prayer 'Essentials & Nuances'  
11:15am 2 periods of Centering Prayer  
12:30pm Lunch  
1:00pm Silence and solitude and soul-friending  
4:00pm Restorative Yoga  
5:15pm 2 periods of Centering Prayer  
6:30pm Dinner  
7:30pm Lectio Divina, Eucharist, Compline

### Sunday

6:00am Rise  
6:30am Prayerful awakening/movement  
7:15am 2 periods of Centering Prayer  
8:30am Breakfast  
9:00am Silence & solitude  
11:00am 2 periods of Centering Prayer  
12:30pm Lunch  
1:00pm Silence & solitude and soul-friending  
4:00pm Restorative Yoga  
5:15pm 2 periods of Centering Prayer  
6:30pm Dinner  
7:30pm Lectio Divina, Eucharist, Compline

### Monday

6:00am Rise  
6:30am Prayerful awakening/movement  
7:15am 2 periods of Centering Prayer  
8:30am Breakfast  
9:00am Silence and solitude  
11:00am 2 periods of Centering Prayer  
12:30pm Lunch  
1:00pm Silence and solitude and soul-friending  
4:00pm Restorative Yoga  
5:15pm 2 periods of Centering Prayer  
*Grand Silence Ends*  
6:30pm Dinner (with conversation)  
7:30pm Lectio Divina, Eucharist, Compline

### Tuesday

6:00am Rise  
6:30am Prayerful awakening/movement  
7:15am 1 period of Centering Prayer  
7:45am Pack & prepare for departure  
8:30am Breakfast  
9:30am Closing circle, Eucharist  
11:00am Departure