A wave crashing against the ocean

Description automatically generated

***Lenten Commuter Immersion:***

**March 20-24, 2024**

**Wednesday- Personal Retreat**

7:00am Centering Prayer in Theosis chapel

7:40am Eucharist in the Sacristy

8:00am Prayerful Movement (Fellowship Hall)

9:00am Breakfast on your own (beverage service

in the kitchen)

9:30am Silence and Solitude

12:00pm Contemplative lunch (Fellowship Hall)

4:30pm Prayerful Movement (Fellowship Hall)

6:00pm Contemplative Service (Sanctuary)

7:00pm Departure

**Thursday**

7:00am Centering Prayer in Theosis chapel

7:45am Welcome and Introductions

Begin simple silence

8:30am Breakfast

9:00am Silence and solitude and welcome

interviews (Rm 302 across from Sacristy) or \*Intro to Centering Prayer Class - see note below

11:00am 2 periods of Centering Prayer (Sanctuary)

12:30pm Lunch (FH)

1:00pm Silence and solitude and welcome

interviews

3:00pm Prayerful movement (50 mins in FH)

4:00pm 2 periods of Centering Prayer (Sanctuary)

5:30pm Dinner

6:30pm Lectio Divina, Eucharist

7:00pm Journey School in community in Rm 211 on Zoom

8:30pm Compline & Departure (in silence)

**Note: Thursday 9am-noon Intro to Centering Prayer class will be held in the Intercessory Prayer rm - Room #211**

**Friday** (Begin Grand Silence)

7:00am Centering Prayer in Theosis chapel

(two 30-minute periods)

8:15am Eucharist in the Sanctuary

8:30am Breakfast

9:00am Silence & solitude

10:30am Spiritual Journey video (Rm 211 optional)

11:15am 2 periods of Centering Prayer (sanctuary)

12:30pm Lunch

1:00pm Silence & solitude and

optional spiritual companioning

3:00pm Prayerful movement (50 mins in FH)

4:00pm Spiritual Journey video (Rm 211 optional)

4:30pm Centering Prayer (2-30 minute periods)

5:45pm Dinner

6:30pm Lectio Divina and Compline (Sanctuary)

7:00pm Departure (in silence)

**Saturday** (Simple silence)

7:00am Centering Prayer in Theosis chapel

(two 30-minute periods)

8:15am Eucharist in the Sanctuary

8:30am Breakfast

9:00am Silence & solitude

10:30am Spiritual Journey video (Rm 211 optional)

11:00am 2 periods of Centering Prayer (sanctuary)

12:30pm Lunch

1:00pm Silence & solitude and

optional spiritual companioning

3:00pm Prayerful movement (50 mins in FH)

4:15pm Spiritual Journey video (Rm 211 optional)

5:00pm Centering Prayer (20 minutes-sanctuary)

5:30pm Dinner with conversation

6:15pm Closing Circle and Compline (sanctuary)

7:00pm Departure