



Contemplative Outreach Retreats Guidelines & Schedules

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Contemplative Outreach Retreats

Contemplative Outreach (CO) Retreats focus on Centering Prayer and practitioners are given an opportunity to deepen their practice and relationship with God by joining with others in community for the experience of immersion in contemplative prayer apart from ordinary life. Retreats are a way to take one’s relationship with God and one’s practice deeper. They offer time and space away from the busyness and demands of daily life, and allow the mind, body, and spirit to surrender to God’s presence and action within. Retreats are a common practice in many spiritual traditions and are a valuable tool to aid one’s interior transformation.

CO Intensive Retreats include several periods of Centering Prayer daily balanced with silence and solitude. Some retreats offer viewing of the “Spiritual Journey” video series, presentations by guest speakers, group discussions, and private direction. Others encourage a more silent experience, even total silence. The retreats are hosted by trained retreat leaders and are offered over a range of formats from five to ten days.

Contemplative Outreach offers a series of consecutive retreats. They include:

- Centering Prayer Intensive Retreat
- Centering Prayer Advanced Intensive Retreat
- Centering Prayer Post Intensive Retreat

The Retreats Service Team oversees all CO retreats. One important element of this oversight is the need to ensure the consent and safety of participants at these intensive retreats, due to the opportunity for deep psychological stimulation experienced in these situations. Another important factor is to ensure the safety and legal liability limits for retreat leaders and retreat centers.

One of the major goals of the Retreats Service Team is to designate specifically the content and formats of the CO Retreats that serve as prerequisites for Servant-Leader formation within the CO community. This is key to maintaining the CO Vision and Theological Principles and ensuring the essentials of Centering Prayer are presented with integrity.

Centering Prayer Weekend Retreats

Many Centering Prayer groups offer weekend retreats once a prayer group has been established and the members express a desire to deepen the experience of their Centering Prayer periods for longer periods of time. A good Leadership Team can easily plan and conduct a weekend retreat with guidelines and consultation with their Chapter Coordinator, Contact Person or Regional Representative. Weekend retreats can be offered a local retreat center, often beginning on a Friday evening, concluding on Sunday afternoon. Participants can stay overnight for the two nights and three days of the retreat, or they may choose to participate as a “commuter,” traveling to and from the retreat each evening and back the next day. While there are a variety of formats available, extended and multiple sessions of Centering Prayer are always offered each day. There is often an educational component; silent meals, spiritual reading, and soul-friending may also be offered. Lectio Divina can be part of the experience, as well as Welcoming Prayer if desired.

Centering Prayer Intensive Retreats

Intensive Retreats provide an opportunity to immerse participants in the practice of Centering Prayer, as taught by Contemplative Outreach. Throughout the retreat experience one becomes more immersed in the conceptual background of the spiritual practice.

The Intensive Retreat features a major educational component, but also includes up to three hours of Centering Prayer each day and two videos from the “Spiritual Journey” video series each day, focusing on Parts I, II and III of the series. Retreat leaders also read during meals from *Open Mind, Open Heart* by Fr. Thomas Keating.

Centering Prayer Advanced Intensive Retreats

Advanced Intensive Retreats provide an opportunity to go deeper into the practice of Centering Prayer, incorporating even more silence into the retreat experience. The Advanced Intensive Retreat includes all elements of the Intensive Retreat, but features Part IV of the “Spiritual Journey” video series. The Advanced Intensive Retreat is mid-way between the Intensive and Post-Intensive Retreat and focuses on ways to carry the practice of Centering Prayer more deeply into our daily lives. The Advanced Intensive Retreat often incorporates in-person presentations by a guest Retreat Leader.

Centering Prayer Post Intensive Retreats

Post Intensive Retreats provide an opportunity for even more intensive Centering Prayer, solitude and silence in community. The Post Intensive is much more silent, in that no videos are shown, and the Centering Prayer periods are done for thirty minutes rather than twenty minutes. All meals are in silence. Most days are spent in what is called the “grand silence,” when you are asked not to speak at all or even make eye contact. Typically most retreatants have been doing the Centering Prayer practice fairly long, so the silence can be very deep.

A Word about CO Retreats

Some commonalities exist for all CO retreats, and are noted here.

- Before attending one of these retreats, one should have an established daily practice of Centering Prayer for at least six months to one year. It is assumed one has a foundation fairly well in place and the focus of the retreats is on refinement of the Centering Prayer practice itself.
- A sequence of attendance at the retreats is highly recommended. Most benefit from attending the Intensive Retreat first, then the Advanced Intensive Retreat, and finally the Post-Intensive Retreat. Each practitioner is unique, however, and should consider one’s own needs and experience level to make a final judgment.
- Formats for CO Retreats are most often eight days. However, they are sometimes adapted to any length from five to ten days. When considering prerequisites for Servant-Leader formation, any combination of partial attendance that adds up to ten days meets the prerequisite. For example, one may attend two five-day Intensive Retreats to meet the ten-day prerequisite requirement.
- Sometimes, Intensive Retreats can be offered simultaneously with Advanced Intensive and/or Post- Intensive Retreats. This is accomplished by offering two separate tracks to individuals, depending on the personal goals of the participant. The Intensive and Advanced Intensive Retreats will have more or less presentations and group discussion, while the Post Intensive Retreat will focus more on complete silence for that individual throughout the retreat.
- CO Retreats always include periods of Centering Prayer. Many retreats focus primarily on deepening the practice of Centering Prayer through extended periods of prayer and/or additional teaching on Centering Prayer. However, retreats may also be offered that focus on the practice of Lectio Divina or Welcoming Prayer, in conjunction with Centering Prayer. The Twelve Step Outreach also conducts their own specialized retreats that focus on the needs of this special interest group.
- The practice of Lectio Divina is often used within the retreat experience. For participants who have not been introduced to this practice, a brief explanation can be given. Lectio Divina is used as a complementary practice along with the Centering Prayer periods.
- Retreats may include the option of daily Mass and/or Liturgy of the Hours, private interviews with staff, time for physical recreation, quiet reflection, and often massages.
- Retreat days and weekend retreats are not overseen by the Retreats Service Team. These short retreat experiences can be handled in your Chapter or local area by individual Coordinators, with assistance from your Regional Representative.
- The Centering Prayer Introductory Program, the Lectio Divina Introductory Program, and the Welcoming Prayer Program can be presented in a retreat experience, generally in a weekend format. Refer to the [CO Resource Directory](#) and contact your Regional Representative to find a commissioned Presenter in your local area and inquire if they are willing to do a weekend retreat format.

FOR MORE INFORMATION

For more information about hosting any of these CO Intensive Retreats in your Chapter or local area, refer to the [CO Resource Directory](#) and contact your Regional Representative or the Retreats Service Team.

Lectio Divina Retreats

CO Retreats can be conducted that feature Lectio Divina. Rather than focusing on Centering Prayer presentations and experiences, these retreats include both Centering Prayer and Lectio Divina. The retreat introduces the practice of Lectio Divina and provides opportunities to experience this practice in a community setting, and experience a deep introduction to the practice. The beauty of the retreat is that one can experience how Centering Prayer and Lectio Divina complement one another in one’s daily practice.

Refer to [The Seven-Session Introduction to Lectio Divina](#) for more information about this program. Refer to the [CO Resource Directory](#) and contact the Lectio Divina Service Team for more information. Or refer to [Guidelines for The Seven-Session Introduction to Lectio Divina](#) on the CO website.

Welcoming Prayer Retreats

CO Retreats can be conducted that feature Welcoming Prayer. Rather than focusing on Centering Prayer presentations and experiences, these retreats include both Centering Prayer and Welcoming Prayer. The retreat introduces the practice of Welcoming Prayer and provides opportunities to experience this practice in a community setting, and experience a deep introduction to the practice. One learns how to use Welcoming Prayer in one’s daily life.

Refer to [Introduction to the Welcoming Prayer Practice](#) for more information about this program. Refer to the [CO Resource Directory](#) and contact the Welcoming Prayer Service Team for more information. Or refer to [Guidelines for The Introduction to the Welcoming Prayer Practice](#) (NA-Under Revision) on the CO website.

Twelve Step Retreats

CO Retreats can be conducted using Centering Prayer in conjunction with the Twelve Steps of Alcoholics Anonymous and other Twelve-Step recovery programs. This retreat focuses on how to use Centering Prayer as the Eleventh Step of the recovery program. This retreat is geared to individuals who are already part of a Twelve-Step fellowship and wish to learn about Centering Prayer and incorporate it into their recovery practice.

Refer to the [Resource Handbook-RHB](#) on the CO website for more information about this outreach. Refer to the [CO Resource Directory](#) and contact the Twelve Step Outreach Service Team for more information. Or refer to [Guidelines for the Twelve Step Outreach](#).

Since You Asked...

Of all the Contemplative Outreach events offered to those who practice Centering Prayer, one of the most valued is the experience of a CO Intensive, Advanced or Post-Intensive Retreat. These retreats, hosted by CO Chapters and retreat centers across the country and in other parts of the world, offer a unique opportunity for stepping out of daily life for an extended period of time and surrendering to a total immersion experience of Centering Prayer in spiritual community.

As more CO Chapters offer weekend and CO Intensive retreats in their areas, and retreat teams are formed to serve these retreats, questions often arise regarding the format, staff, requirements, etc. of CO Intensive Retreats. Following are some frequently-asked questions concerning hosting CO Intensive Retreats.

Q: I feel our chapter is ready to host a retreat. Can the local Coordinator or Facilitators staff the retreat?

A: Yes, if they have previously served as an intern with experienced retreat staff on an Eight- or Ten-Day Centering Prayer Intensive Retreat and are recommended by an experienced retreat director or lead person who affirms that they are ready to serve a CO Intensive retreat.

Q: What kind of training is necessary to staff a CO Intensive Retreat?

A: A staff person must have attended an eight- or ten-day CO Intensive Retreat as a retreatant, and have served as an intern on other Intensive or weekend retreats as noted. It is assumed a retreat staff has attended the “Seven-Session Introduction to the Centering Prayer Practice,” previously viewed the “Spiritual Journey” series and has read *Open Mind Open Heart*, *Invitation to Love* and *Intimacy With God*. A minimum of three years Centering Prayer practice is also encouraged.

Q: How many times must one intern before being ready to be the lead staff person on an eight- or ten-day CO Intensive Retreat?

A: At least twice. Exceptions can be made if travel is an issue (i.e., overseas).

Q: Who do we inform when our Chapter is ready to host a CO Intensive Retreat?

A: The Retreat Service Team that assists with staffing, the Coordinators within your region and the CORC for publication of the retreat in the CO Newsletter.

Q: Who do we inform when our Chapter is hosting a weekend retreat?

A: Everyone within your Chapter and the Chapters within your region, especially those Chapters nearest to you.

Q: Can weekend retreats have a theme such as a Lectio Divina, Welcoming Prayer, Twelve-Step, etc.?

A: Yes. The weekend retreat can have various themes, but always include several Centering Prayer periods.

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Q: How many staff persons are needed to serve retreats?

A: It is recommended to have at least one staff person for each ten retreatants.

Q: If a Retreat Service Team member is brought in to serve on a CO Intensive Retreat, who is responsible for their travel expenses and stipend?

A: The local sponsor of the retreat.

Q: Who do we contact to invite a Retreat Service Team member to serve the retreat?

A: You may invite a nearby Retreat Service Team member or contact the Retreat Service Team for assistance. If the local Chapter is not able to afford it, apply to the CORC for financial help.

Q: How do we find out what to charge for the retreat?

A: Figure all expenses, including travel expenses and stipends for staff persons, allowing some income for future events and Chapter operating expenses. Then determine what you need to charge per retreatant to cover all expenses.

Q: Some people have trouble sitting through the videos. Is it ever permissible for the staff to verbally teach the content of the “Spiritual Journey” videos on a CO Intensive Retreat?

A: When chapters or centers can't afford or don't care to listen to the tapes, even when divided into 30-minute segments as suggested in the Spiritual Journey transcripts, another alternative is to use the basic books from Fr. Keating: *Open Mind, Open Heart* or *Invitation to Love*. Go through the book a page or two at a time. Another option would be to read the “Spiritual Journey” transcripts chapter by chapter.

If someone is so well-versed in the material that they can present it accurately and transmit the integrity of the Centering Prayer method and its conceptual background, they can certainly do so. However, it will normally involve an immense amount of work on their part and considerable familiarity with some of the other books by Fr. Thomas Keating. It is recommended to consult with an experienced Retreat Service Team member before attempting to present all of the content of the tapes.

CO Retreat Guidelines

Purpose

To immerse participants in the practice of Centering Prayer as taught by Contemplative Outreach.

To provide an opportunity to deepen the practice of Centering Prayer and Lectio Divina in an atmosphere of profound silence, with community, and with an experience of solitude.

1. Required preparation:
 - An established daily practice of Centering Prayer for at least a year.
 - An application and a waiver. NOTE: Retreatants must sign the waiver.
 - A brochure describing in general the nature of the retreat and a schedule should be sent out to each retreatant.
2. Additional prerequisites for specific retreats:
 - CO Intensive Retreat – none
 - Advanced Intensive Post-Intensive Lectio Divina Retreats – attendance at a CO Intensive Retreat or equivalent
 - Welcoming Prayer or 12-Step Retreats – none
3. Since special problems may arise during the CO Intensive Retreats that require skilled guidance, the staff must include at least one CO Retreats Service Team member or a person approved by the local CO Coordinator or the CORC. Special care needs to be taken to provide adequate spiritual guidance in the light of the Centering Prayer practice during this retreat. Local area people may be chosen for in-service training.
4. CO Coordinators who wish to plan CO Intensive Retreat are advised to contact the CO Retreats Service Team six months to a year prior to the retreat date to arrange for a CO Retreats Service Team member and to obtain the packet of information designed to help in planning the retreat. A list of Retreats Service Team members is included in the information packet.
5. On the first night, the orientation talk should include the following points:
 - Fasting is not recommended because of the heavy demands of the retreat on the nervous system.
 - Check in with a staff person if one is on medication for psychological reasons. (This information should be on the application form and the retreatants on medication should have checked with the physician prior to the retreat.)
6. Centering Prayer periods: On each full day there are three 20-minute periods throughout the day: one early morning, one mid-morning, and one mid-afternoon. This rhythm provides an intensive contemplative experience for the average retreatant.
7. Contemplative walk: Between each 20-minute prayer period, a contemplative walk of 5-7 minutes takes place. This option helps to dissipate the restlessness that may build up as a result of remaining a long time in one position. Those who prefer to sit through the contemplative walk are free to do so.

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8. Videos of the “Spiritual Journey” series (except “The Philosophical Model”) are normally shown each morning and afternoon. The videos may be divided into 30-minute segments. The first conference of the retreat, however, should be live and include a thorough review of the method of Centering Prayer. If there are newcomers, further instruction should be given to them on the first day. An optional discussion, not more than 10-15 minutes, after each video may be introduced.
9. Discussion: On alternate evenings, there may be a question/answer period to clarify the experience of Centering Prayer or the material on the videos. On other evenings, an experience of Lectio Divina may be provided.
10. Reading: *Open Mind, Open Heart*, beginning with Chapter 4, is read aloud at the silent meals. Contemplative teaching, unlike ordinary instruction, is a repetition of the same basic principles. The instruction does not change, but the teaching is constantly new because one is hearing it with ever-increasing understanding.
11. The Eucharist: The celebration of the Eucharist provides an opportunity through the homily to integrate the practice of contemplative prayer and its conceptual background into the mystery of Christ. If no priest is on staff, a celebrant should be carefully chosen and instructed in the spirit of the retreat. In some circumstances, it may be better to omit the Eucharistic liturgy or substitute a period of Lectio Divina in its place.
12. Silence: Silence is recommended throughout the retreat, except for the evening meal.
13. Optional Desert Day: One day may be without readings at meals or a video. In the afternoon of the Desert Day, the Centering Prayer period is optional, or may be done in private.
14. Community: Talking at meals each evening enables retreatants to get to know each other in a way that completes the bonding that takes place in silence.
15. Private interviews: Retreatants are welcome to see any designated members of the staff for soul-friending.
16. Private check-in and check-out interviews: Retreatants are interviewed on the first full day of the retreat for about 10 minutes, focusing on their Centering Prayer practice and any questions they might have regarding it. On the last full day, retreatants may be interviewed again for about 10 minutes in case they have any final questions or concerns. A staff member is assigned to specific retreatants for these interviews and should remain available to them throughout the retreat.
17. This format may be adapted to 4 or 5 days or even a weekend in places where the 10-Day or 8-Day formats are not practical.

Post-Intensive Only

18. The first day is similar to the usual schedule of the 10 Day Intensive: morning and evening conference, three 20-minute periods of Centering Prayer three times a day, a meal with conversation in the evening, and the rest of the day in silence.
19. The Grand Silence begins at the end of the first day. The presenter of the evening conference should explain the practice of the “Grand Silence” (no speaking or eye contact) and its purpose.
20. During the next four days there are three 20 minute periods of Centering Prayer three times a day. A fourth period consisting of two 20 minute periods is optional. There are no conferences except the homilies at the Eucharist. Reading at meals is omitted.
21. The sixth day may be a Desert Day. The morning is the same as the four previous days, but the afternoon is slightly modified. The periods of Centering Prayer in common are optional, there is a video in the evening, the “Grand Silence” ends after the video discussion, which means that eye contact is renewed, but speaking is postponed to the evening meal on the seventh day.



Waiver for Contemplative Outreach Retreat

The purpose of this _____
retreat is to provide a deepening experience of the Centering Prayer practice as taught by
Contemplative Outreach, Ltd. It is set in the conceptual background of Christian tradition and
is not set up to be an experience of psychotherapy, professional counseling, or physical
therapy.

By my signature below, I acknowledge that I have read this statement and have been
informed that the staff and presenters of Contemplative Outreach, Ltd. are not acting in a
capacity of therapists or psychotherapists and do not offer psychological counseling or group
therapy of any kind. I agree that I will not hold Contemplative Outreach, Ltd., its staff or
presenters, legally responsible for any illness that may arise or be aggravated during or as a
result of the workshop/retreat.

Signature: _____

Date: _____

10 Park Place, 2nd Floor, Suite B - Butler, NJ 07405
973.838-3384 –Fax 973.492.5795
www.contemplativeoutreach.org
office@coutreach.org

Weekend Intensive Centering Prayer Retreat

SAMPLE SCHEDULE

Friday

- 5:00 pm Arrival, room assignments
- 7:00 Sit down supper (with conversation)
- 8:00 Orientation (introductions, review schedule, logistics of facility)
- 9:00 Chapel - silent prayer (10 minutes) - retire in silence

Saturday

- 7:00 am Wake up bell
- 7:30 Morning Prayer - Group Lectio Divina (Collatio) followed by two 20-minute Centering Prayer periods with optional contemplative walk
- 8:30 Pick up breakfast (in silence)
- 10:30 Conference #1 - Review of Centering Prayer Method
Questions/Answers
- 12:00 pm Mid-day Prayer - spiritual reading/psalm - two 20-minute Centering Prayer periods with optional contemplative walk
- 1:00 Buffet lunch (in silence) with spiritual reading
Free time - can be used for soul-friending
- 5:00 Evening prayer - spiritual reading/psalm - two 20-minute Centering Prayer periods with optional contemplative walk
- 6:00 Pick up supper (in silence)
- 7:30 Sunday liturgy - retire in silence

Sunday

- 7:00 am Wake up bell
- 7:30 Morning prayer - Group Lectio Divina (Collatio) followed by two 20-minute Centering Prayer periods with optional contemplative walk
- 8:30 Pick up breakfast
- 10:30 Conference #2 – video – “The Psychological Experience of Centering Prayer” - discussion
- 12:15 pm Closure - focus question - “What did you learn about your Centering Prayer practice this weekend?”
- 1:00 Lunch with conversation
Departure

Intensive Retreat

(Five to Eight Full Days - Essentials)

SAMPLE SCHEDULE – 10-DAY

Day 1	Afternoon	Arrival, registration, settle-in time
	6:00 p.m.	Dinner
	7:30	Opening Session
Day 2	6:00 a.m.	Rising
	6:30	Centering Prayer 2X
	7:20	Eucharist
	8:00	Breakfast (silence with reading)
	9:15	Video: “Four Levels of Spiritual Experience”
	10:15	Break
	10:30	Centering Prayer 2X
	12:00 p.m.	Lunch (silence with reading)
	12:45-2:25	Rest, exercise, check-in interviews
	2:30	Centering Prayer 3X
	4:00	Break
	4:15	Video: “Toward Resting in God”
	5:30	Dinner (talking)
	7:00	Open forum
Day 3	5:30 am	Rising
	6:00	Centering Prayer 3X
	7:20	Eucharist
	8:00	Breakfast (silence with reading)
	9:15	Video: “Centering Prayer as Method”
	10:15	Break
	10:30	Centering Prayer 3X
	12:00 p.m.	Lunch (silence with reading)
	12:45-2:25	Rest, exercise, interviews
	2:30	Centering Prayer 3X
	4:00	Break
	4:15	Video: “Progress in Centering Prayer”
	5:30	Dinner (talking)
	7:00	Open Forum
Day 4		Same as Day 3, except:
	9:15 am.	Video: “The Human Condition: The Evolutionary Model”
	4:15 pm.	Video: “Formation Of The Home-Made Self”

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- Day 5** Same as Day 3, except:
9:15 am. Video: “The Pre-Rational Energy Centers”
4:15 pm. Video: “Frustration Caused by the Emotional Programs”
- Day 6** Same as Day 3, except:
9:15 am. Video: “Dismantling the Emotional Programs”
4:15 pm. Video: “The False Self In Action”
[Originally from Guidelines section:] Open forum: points to remember in Video #11 and review the essentials of an Intensive Retreat
- Day 7** Same as Day 3, except:
9:15 am. Video: “The Four Consents”
4:15 p.m. Video: “Anthony as a Paradigm of the Spiritual Journey”
- Day 8** Same as Day 3, except:
9:15 am. Video: “Liberation of the False-Self System”
4:15 pm. Video: “Liberation from Cultural Conditioning” After dinner: no forum - the evening is free in silence
- Day 9**
- | | |
|------------|--|
| 6:00 a.m. | Rising |
| 6:30 | Centering Prayer 2X |
| 7:20 | Eucharist |
| 8:00 | Breakfast (silence with reading) |
| 9:15 | Video: “Spirituality in Everyday Living” |
| 10:15 | Break |
| 10:30 | Centering Prayer 2X |
| 12:00 p.m. | Lunch (silence with reading) |
| 12:45-2:25 | Rest, exercise, check-out interviews |
| 3:15 | Centering Prayer 2X |
| 4:00 | Break |
| 4:15 | Video: “From Contemplation to Action” |
| 5:30 | Dinner (talking) |
| 7:00 | Open forum |
- Day 10**
- | | |
|-----------|------------------------|
| 6:15 a.m. | Rising |
| 6:45 | Centering Prayer 1X |
| 7:20 | Eucharist |
| 8:00 | Breakfast and farewell |

CO Retreats Guidelines & Schedules – September 2012
“Deepening Centering Prayer”

SAMPLE SCHEDULE – 8-DAY

Day 1	Afternoon	Arrival, registration, settle-in time
	6:00 p.m.	Dinner
	7:30	Orientation session
Day 2	6:00 a.m.	Rising
	6:30	Centering Prayer 2X
	7:20	Free time
	8:00	Breakfast (silence with reading)
	9:15	Video: “Prayer As Relating To God” or “Method Of Centering Prayer - Part 1”
	10:15	Break
	10:30	Centering Prayer 2X
	12:00 p.m.	Lunch (silence with reading)
	12:45 - 2:25	Rest, exercise, check-in interviews
	2:30	Centering Prayer 3X
	4:00	Break
	4:15	Video: “Four Levels of Spiritual Experience” or “Method Of Centering Prayer, Part 2”
	5:30	Dinner (talking)
	7:00	Eucharist
Day 3	5:30 a.m.	Rising
	6:00	Centering Prayer 3X
	7:20	Eucharist
	8:00	Breakfast (silence with reading)
	9:15	Video: “The Pre-Rational Energy Centers”
	10:15	Break
	10:30	Centering Prayer 3X
	12:00 p.m.	Lunch (silence with reading)
	12:45-2:25	Rest, exercise, interviews
	2:30	Centering Prayer 3X
	4:00	Break
	4:15	Video: “Frustration Caused By The Emotional Programs”
	5:30	Dinner (talking)
	7:00	Lectio Divina
Day 4	5:30a.m.	Rising
	6:00	Centering Prayer 3X
	7:20	Free time
	8:00	Breakfast (silence with reading)
	9:15	Video: “Dismantling the Emotional Programs”
	10:15	Break
	10:30	Centering Prayer 3X
	12:00 p.m.	Lunch (silence with reading)
	12:45 - 2:25	Rest, exercise, interviews

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“Deepening Centering Prayer”

	2:30	Centering Prayer 3X
	4:00	Break
	4:15	Video: “The False Self in Action”
	5:30	Dinner (talking)
	7:00	Eucharist
Day 5	5:30 a.m.	Rising
	6:00	Centering Prayer 3X
	7:20	Lectio Divina
	8:00	Breakfast (silence with reading)
	9:15	Video: “The Four Consents”
	10:15	Break
	10:30	Centering Prayer 3X
	12:00 p.m.	Lunch (silence with reading)
	12:45 - 2:25	Rest, exercise, interviews
	2:30	Centering Prayer 3X
	4:00	Break
	4:15	Video: “Anthony as A Paradigm of the Spiritual Journey” or “Spirituality in Everyday Life”
	5:30	Dinner (talking)
	7:00	Eucharist
Day 6	5:30 a.m.	Rising
	6:00	Centering Prayer 3X
	7:20	Eucharist
	8:00	Breakfast (silence with reading)
	9:15	Video: “Liberation of The False-Self System” or “From Contemplation to Action”
	10:15	Break
	10:30	Centering Prayer 3X
	12:00 p.m.	Lunch (silence with reading)
	12:45 - 2:25	Rest, exercise, interviews
	2:30	Centering Prayer 3X
	4:00	Break
	4:15	Video: “Liberation from Cultural Conditioning” or “The Psychology of the Spiritual Journey, Part 1”
	5:30 p.m.	Dinner (talking)
	7:00	Lectio Divina
Day 7	6:00 a.m.	Rising
	6:30	Centering Prayer 2X
	7:20	Eucharist
	8:00	Breakfast (silence with reading)
	9:15	Video: “Spirituality in Everyday Living” or “The Psychology of the Spiritual Journey, Part 2”
	10:15	Break
	10:30	Centering Prayer 2X

CO Retreats Guidelines & Schedules – September 2012
“Deepening Centering Prayer”

12:00 p.m.	Lunch (silence with reading)
12:45 - 2:45	Rest, exercise, check-out interviews
3:15	Centering Prayer 2X
4:00	Break
4:15	Video: “From Contemplation to Action” or “The Psychology of the Spiritual Journey, Part 3”
5:30	Dinner (talking)
7:00	Evaluation/gathering
Day 8 6:15 a.m.	Rising
6:45	Centering Prayer 1X
7:20	Lectio Divina
8:00	Breakfast (silence with reading)
9:15	Video: “Method of Centering Prayer, Part 1”
10:00	Break
10:15	Centering Prayer IX and Eucharist
12:00 p.m.	Lunch

Advanced Intensive Centering Prayer Retreat

(Six Full Days - Essentials)

SAMPLE SCHEDULE

Day 1	Afternoon	Arrival, registration, settle-in time
	6:00 p.m.	Dinner
	7:30	Opening session
Day 2	6:00 a.m.	Rising
	6:30	Centering Prayer 2X
	7:20	Eucharist
	8:00	Breakfast (silent)
	9:15	Video: “Night of Sense – The Biblical Desert”
	10:15	Break
	10:30	Centering Prayer 3X
	12:00 p.m.	Lunch (Silent)
	12:45-2:25	Rest, exercise, check-in interviews.
	4:00	Centering Prayer 3X
	5:30	Dinner (talking)
	7:00	Open forum
Day 3	5:30 a.m.	Rising
	6:00	Centering Prayer 3X
	7:20	Eucharist
	8:00	Breakfast (silent)
	9:15	Video: “Night of Spirit – Toward Transformation”
	10:15	Break
	10:30	Centering Prayer 3X
	12:00 p.m.	Lunch (silent)
	12:45 - 2:25	Rest, exercise, interviews
	4:00	Centering Prayer 3X
	5:30	Dinner (silent)
	7:00	Open forum
Day 4		Same as Day 3, except
	9:15 a.m.	Video: “The Beatitudes – Healing The Emotional Programs”
Day 5		Same as Day 3, except
	9:15 a.m.	Video: “The Spiritual Senses”
Day 6		Same as Day 3, except
	9:15a.m.	Video: “What Contemplation is Not”
		After dinner: no forum - the evening is free in silence

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“Deepening Centering Prayer”

Day 7	6:00 a.m.	Rising
	6:30	Centering Prayer 2X
	7:20	Eucharist
	8:00	Breakfast (silent)
	9:15	Video Tape: “From Contemplation To Action”
	10:15	Break
	10:30	Centering Prayer 2X
	12:00 p.m.	Lunch (silent)
	12:45-2:45	Rest, exercise, check-out interviews
	4:00	Centering Prayer 2X
	5:30	Dinner (talking)
	7:00	Open forum, evaluations and closing
Day 8	6:15 a.m.	Rising
	6:45	Centering Prayer IX
	7:20	Eucharist
	8:00	Breakfast and farewell

Post-Intensive Centering Prayer Retreat

(Eight Full Days - Essentials)

SAMPLE SCHEDULE

Day 1

6:00 a.m.	Rising
6:30	Centering Prayer 3X
8:00	Breakfast (silence)
9:00	Mass
10:15	Conference
11:00	Centering Prayer 3X
12:30 p.m.	Lunch (silence)
1:00 - 3:00	Check-in interviews/free-time
3:00	Centering Prayer 3X
6:00	Supper (Talking meal)
7:00	Conference and beginning of Grand Silence Silence is the rule. A staff meeting after conference

Days 2, 3, 4, 5 Grand Silence (no eye contact)

6:00 a.m.	Rising
6:30	Centering Prayer 3X
8:00	Breakfast (silence)
9:00	Mass
10:15	Manual labor and exercise
11:00	Centering Prayer 3X
12:30 p.m.	Lunch (silence)
1:00-3:00	Private interviews/free time
3:00	Centering Prayer 3X
5:00	Centering Prayer 2X (optional)
6:00	Supper (silence)
7:00-8:00	Private interviews if needed A staff meeting to follow

Day 6 Silent retreat/Desert Day – Centering Prayer periods are optional, they can be done in private

6:00 a.m.	Rising
6:30	Centering Prayer 3X
8:00	Breakfast (silence)
9:00	Mass
10:15	Manual labor and exercise
11:00	Centering Prayer 3X
12:30 p.m.	Lunch (silence)
1:00 - 3:00	Private interviews/free time
4:00	Centering Prayer 3X
6:00	Supper (silence)
7:00	Conference: show video #19 “Night of Spirit” and begin to end the

CO Retreats Guidelines & Schedules – September 2012
“Deepening Centering Prayer”

Grand Silence with eye contact
Option: No conference or video - extend the Grand Silence by having eye contact begin at the sign of peace at Mass the next day
A staff meeting to follow

Day 7

6:30 a.m.	Rising
7:00	Centering Prayer 2X
8:00	Breakfast (silence)
9:00	Mass
10:15	Manual labor and exercise
11:00	Centering Prayer 2X
12:30 p.m.	Lunch (silence)
1:00 - 3:00	Private interviews
3:00	Centering Prayer 2X
4:30	Conference
6:00	Talking supper - end of Grand Silence
7:00	Conference: show video # 21 “The Spiritual Senses” – renewal of General Silence Option: Show video #19 “Night of Spirit” if not shown last night

A staff meeting to follow

Day 8

6:30 a.m.	Rising
7:00	Centering Prayer 2X
8:00	Breakfast (silence)
9:00	Mass
10:15	Manual labor and exercise
11:00	Centering Prayer 2X
12:30 p.m.	Lunch (silence)
1:00-3:00	Check-out interview/free time
3:00	Centering Prayer 2X
4:30	Contemplative Outreach update and evaluations of retreat
6:00	Supper (talking)
7:00	General evaluation (continued) Comments on re-entry General housekeeping Closing Staff meeting

Day 9

6:30 a.m.	General wake-up
7:00	Centering Prayer 1x
7:30	Mass
8:00	Breakfast (talking) and farewell

CO Retreats Guidelines & Schedules – September 2012
“Deepening Centering Prayer”

SAMPLE SCHEDULE – 5-DAY

Day 1	First full day - basic schedule:
6:00 a.m.	Wake up bell
6:30	Morning prayer - group Lectio Divina (Collatio) followed by two 20-minute Centering Prayer periods with optional contemplative walk
7:30	Pick up breakfast (in silence)
9:15	Conference on community work as prayer
10:30-11:20	Community work
10:30	Massage available (see sign up sheet)
11:45	Mid-day prayer - spiritual reading/psalm - three 20-minute Centering Prayer periods with optional contemplative walk
1:00 p.m.	Pick up lunch (in silence)
2:15	Private interviews or soul-friending (see schedules)
4:30	Evening prayer - spiritual reading/psalm - three 20-minute Centering Prayer periods with optional contemplative walk
6:00	Buffet supper - with conversation
7:30	Conference room - review of the day and preparation for Grand Silence
Days 2, 3	(Grand Silence) - Basic schedule with following changes:
9:15 am.	Chapel (optional) – spiritual reading/psalm - two 20-minute Centering Prayer periods with contemplative walk
6:00 p.m.	Pick up supper - (in silence)
7:30	Liturgy
Day 4	Basic schedule with the following changes:
9:15 am.	Conference room - review of Grand Silence days
12:00 p.m.	Mid-day prayer - spiritual reading/psalm - two 20-minute Centering Prayer periods with contemplative walk
5:00	Evening prayer - spiritual reading/psalm - two 20-minute Centering Prayer periods with contemplative walk
7:30	Liturgy
Day 5	Departure
6:00 a.m.	Wake up bell
6:30	Morning prayer - group Lectio Divina (Collatio) followed by one 20-minute Centering Prayer period
7:15	Pick up breakfast - (in silence)
9:00	Video - “Psychological Experience of Centering Prayer”
11:00	Closure, blessing
12:00 p.m.	Lunch (with conversation) Departure

Combination Intensive/Post-Intensive Centering Prayer Retreat

	Intensive		Post-Intensive
Day 1 Friday 6:00 6:30	(Dinner on own in area restaurants) Arrival, Registration Opening Session	Day 1 Friday 6:00 6:30	(Dinner on own in area restaurants) Arrival, Registration Opening Session
Day 2 Saturday 7:00 a.m. 8:00 9:00 10:30 11:50 12:30 p.m. 3:30 4:45 5:50 7:30	Centering Prayer (20 min x 2) Silent breakfast Video: “Four Levels of Scriptural Experience” Centering Prayer (30 min x 2) Silent lunch (main meal) Check-in interviews/free time Centering Prayer (30 min x 2) Eucharist Dinner Q&A, beginning of Grand Silence	Day 2 Saturday 7:00 a.m. 8:00 9:00 10:30 11:50 12:30 p.m. 3:30 4:45 5:50 7:30	Centering Prayer (20 min x 2) Silent breakfast Lectio Divina with Intercessory Prayer Centering Prayer (30 min x 2) Silent lunch (main meal) Check-in interviews/free time Centering Prayer (30 min x 2) Eucharist Dinner Q&A, beginning of Grand Silence
Day 3 Sunday 6:30 a.m. 8:00 9:00 10:30 11:50 1:00 p.m. 3:00 4:45 5:50 7:30	Centering Prayer (30 min x 2) Silent breakfast Video: “Centering Prayer as Method” Centering Prayer (30 min x 2) Silent lunch Private interviews/free time Centering Prayer (30 min x 2) Video: “Progress in Centering Prayer” Silent dinner Eucharist	Day 3 Sunday 6:30 a.m. 8:00 9:00 10:30 11:50 1:00 p.m. 3:00 4:45 5:50 7:30	Centering Prayer (30 min. x 2) Silent breakfast Free time Centering Prayer (30 min. x 2) Silent lunch Private interviews/free time Centering Prayer (30 min. x 2) Centering Prayer (30 min. x 2) Silent dinner Eucharist
Day 4 Monday 9:00 a.m. 4:30 p.m.	Same as Day 3, except: Video: “The Human Condition: Evolutionary Model” Video: “Formation of the Home-made Self”	Day 4 Monday	Same as Day 3
Day 5 Tuesday 9:00 a.m. 4:30	Same as Day 3, except: Video: “The Pre-rational Energy Centers” Video: “Frustrations Caused by the Emotional Programs”	Day 5 Tuesday	Same as Day 3
Day 6 Wednesday 9:00 a.m. 4:30 p.m.	Same as Day 3, except: Video: “Dismantling the Emotional Programs” Video: “False Self in Action”	Day 6 Wednesday 1:00 p.m.	Same as Day 3, except Video: “Night of Sense: The Biblical Desert”

CO Retreats Guidelines & Schedules – September 2012
“Deepening Centering Prayer”

	Intensive		Post-Intensive
Day 7 Thursday 9:00 a.m. 4:30 p.m.	Same as Day 3, except: Video: “The Four Consents” Video: ‘Anthony as a Paradigm of the Spiritual Journey”	Day 7 Thursday 6:30 a.m. 8:00 9:00 10:30 11:50 1:00 p.m. 3:00 4:45 5:50 7:30	Desert Day - Centering Prayer periods are optional – they may be done in private. Centering Prayer (20 min. x 2) Silent breakfast Free Time Centering Prayer (30 min. x 2) Silent lunch (main meal) Private interviews/free time Centering Prayer (30 min. x 2) Centering Prayer (30 min. x 2) Dinner Eucharist
Day 8 Friday 9:00 a.m. 4:30 p.m.	Same as Day 3, except: Video: “Liberation of the False Self System” Video: “Liberation from Cultural Conditioning”	Day 8 Friday 6:30 a.m. 8:00 9:00 10:30 11:50 1:00 p.m. 3:00 5:50 7:30	Centering Prayer (30 min. x 2) Silent breakfast Free time Centering Prayer (30 min. x 2) Silent lunch Private interviews/free time Centering Prayer (30 min. x 2) Silent dinner Eucharist
Day 9 Saturday 7:00 a.m. 8:00 9:00 11:00 11:50 12:45 p.m. 4:30 5:50 7:30	Centering Prayer (30 min. x 2) Silent breakfast Video: “From Contemplation to Action” Centering Prayer (30 min x 1) Silent lunch Check-out interviews & evaluations Eucharist Talking dinner Closing ceremony	Day 9 Saturday 7:00 a.m. 8:00 9:00 11:00 11:50 12:45 p.m. 4:30 5:50 7:30	Centering Prayer (30 min. x 2) Silent breakfast Video: “From Contemplation to Action” Centering Prayer (30 min x 1) Silent lunch Check-out interviews & evaluations Eucharist Talking dinner Closing ceremony
Day 10 Sunday 7:00 a.m. 8:00	Centering Prayer (30 min. x 1) Breakfast & departure	Day 10 Sunday 7:00 a.m. 8:00	Centering Prayer (30 min. x 1) Breakfast & departure

Lectio Divina Retreat

SAMPLE SCHEDULE

Opening Night

Afternoon	Arrival, registration, settle-in time
6:00 p.m.	Dinner
7:30	Opening session

Day 1

6:00 a.m.	Rising
6:30	Centering Prayer 3X
8:00	Breakfast (silence)
9:30	Eucharist (shared Lectio Divina)
11:00	Centering Prayer 3X
12:30 pm.	Lunch (silence)
1:00 - 2:30	Check-in interviews
3:00	Centering Prayer 3X
5:00	Conference: Lectio Divina and Centering Prayer
6:00	Dinner (Talking)
7:00	Ritual for Grand Silence including a shared Lectio Divina

Day 2, 3, 4, 5

	Grand Silence - no eye contact
6:00 a.m.	Rising
6:30	Centering Prayer 3X
8:00	Breakfast (silence)
9:30	Eucharist (silent Lectio Divina)
11:15	Centering Prayer 3X
12:30 p.m.	Lunch (silence)
1:30 - 3:00	Interviews
3:00	Centering Prayer 3X
5:30	Centering Prayer 2X (optional)
6:30	Dinner (silent)
7:30	Free time until retirement

Day 6

	Desert Day - Centering Prayer sessions are optional
6:00 a.m.	Rising
6:30	Centering Prayer 3X
8:00	Breakfast (silence)
9:30	Eucharist (silent Lectio Divina)
11:15	Centering Prayer 3X
12:30 p.m.	Lunch (silence)
1:30-3:00	Optional interviews/Reconciliation
4:00	Centering Prayer 3X
6:00	Dinner (silent)
7:00	Free time until retirement

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Day 7

6:00 a.m.	Rising
6:30	Centering Prayer 3X
8:00	Breakfast (silence)
9:30	Eucharist (silent Lectio Divina – at Sign of Peace – resume eye contact)
11:15	Centering Prayer 3X
12:30 p.m.	Lunch (silence)
1:30 – 3:00	Interviews
3:00	Centering Prayer 3X
5:00	Shared Lectio Divina and end of Grand Silence
6:00	Dinner (talking)
7:00	Resume General Silence/free time until retirement

Day 8

6:30 a.m.	Rising
7:00	Centering Prayer 2X
8:00	Breakfast (Silence)
9:30	Eucharist (shared Lectio Divina)
11:30	Centering Prayer 2X
12:30 p.m.	Lunch (silence)
1:30-3:00	Check-out interviews
3:00	Centering Prayer 2X
4:00	General evaluation and closing ritual
6:00	Dinner (talking) and Bernie O’Shea party
7:00	Resume General Silence/free time until retirement

Day 9

6:00 a.m.	Rising
6:40	Centering Prayer IX, Eucharist and shared Lectio Divina
8:00	Breakfast (talking)

Welcoming Prayer Retreat

SAMPLE SCHEDULE

Thursday – Friday – Saturday

6:30 AM	Wake up bell
7:00	Morning prayer - reading of the day – two 30-minute Centering Prayer periods with optional contemplative walk
8:00	Pick up breakfast - in silence
8:45	Clean-up - see sign up schedule
10:00	Conference
12:30 PM	Mid-day prayer - Psalm – one 30-minute Centering Prayer period
1:00	Pick up lunch - in silence
1:45	Clean-up - see sign up schedule
2:00	Soul-friending available - see sign up schedule
4:00	Conference (review of morning conference/practice)
7:00	Retire in silence (Thursday and Friday)

Thursday afternoon only

	Lounge – Vidseo: “Psychological Experience of Centering Prayer”
5:30	Evening prayer - Psalm – one 30-minute Centering Prayer Period
6:00	Buffet supper - with conversation
6:45	Clean-up - see sign up schedule
7:30	Conference - review of the day

Saturday evening only

7:30 -	Chapel - Mass
8:15 -	Bernie O’Shea Party in dining room

Sunday

6:30 AM	Wake up bell
7:00	Morning prayer – gospel reading of the day – two 30-minute Centering Prayer periods with optional contemplative walk
8:00	Pick up breakfast - in silence
8:45	Clean-up - see sign-up schedule
10:00	Conference - time to process the experience
11:30	Closure & Blessing
12:30 PM	Lunch with conversation
	Departure

Conference Topics

- Conference 1: “The Human Condition”
- Conference 2: “Welcoming Prayer Practice”
- Conference 3: “Practice and Discussion”
- Conference 4: “Fruits and Extending the Practice”

Five-Day Welcoming Prayer Immersion Retreat

The Welcoming Prayer Program can also be presented as a Five-Day Immersion Retreat. For more information about this retreat contact the Welcoming Prayer Service Team.

Twelve-Step Centering Prayer Retreat

Topics for Each Workshop

Workshop I – “Introduction to Centering Prayer as an 11th Step Practice”

- To introduce participants to the method and experience of Centering Prayer as a daily 11 step practice.
- To highlight relationships between 12 step practice and Centering Prayer.
- To stimulate a desire and resolve to practice the 11th step on a daily basis.
- To introduce participants to Contemplative Outreach as a community for continued Centering Prayer practice and support.

Workshop I is also offered as a six-hour program.

Workshop II – “The Psychology of Centering Prayer and the 12 Steps”

- To identify and explore the psychology of the spiritual journey practiced through the 12 steps and Centering Prayer.
- To deepen our experience and understanding of the process of psychological and spiritual transformation that occurs when we deepen our 12-step practice with a daily 11th step practice.
- To expose participants to the Welcoming Prayer practice to continue the “letting go” discipline outside of Centering Prayer.
- To utilize the 4th step as a tool for uncovering unconscious motivations from emotional programs for happiness.
- To experience and practice Centering Prayer and silence.

Workshop III – “Spirituality In Ordinary Life”

- To see how the events of ordinary life become transformative.
- To learn to transform our daily life into a daily spiritual practice. To experience the ordinary events of daily life as a spiritual practice.

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SAMPLE SCHEDULE

Workshop I of the Three-Part Series

	Friday	Saturday	Sunday
7:00 a.m.			Psalm, Centering Prayer
7:30		Psalm, Centering Prayer	Contemplative Walk, Centering Prayer
8:00		Breakfast (silence)	Breakfast (silence)
9:00		Conference 1 – V Video - “Centering Prayer as an 11 th Step, Part 1” Conference 2	Conference 4 Video - “CO Reaching Out to the World” (9 min.) Discussion Local opportunities
11:30		Centering Prayer	Closure
12:00 p.m.		Lunch (silence), (spiritual reading optional)	Lunch
1:00		Open time and optional soul-friending	Departure
3:00	Registration	Conference 3	
3:30	Folder: agenda, participant list, CP/CO brochures, evaluation, reading list	Centering Prayer	
4:00		Questions and answers	
6:00	Supper	Supper (talking)	
6:30	Housekeeping, introductions and overview		
7:00	Workshop	Workshop, discussion	
7:30	11 th step meeting		
8:30		Explain contemplative walk for next morning Sharing circle	
8:30	Introduction to the method and Centering Prayer session (5-10 min.)	Retire (silence)	
9:00	Retire (silence)		