



Contemplative Outreach Centering Prayer Intensive Retreat Readings

These readings were selected and read at the Contemplative Living Community Chrysalis House during retreats in New York held early in the life of Contemplative Outreach.

Invitation to Love 20th Anniversary Edition by Thomas Keating

Day	Early Morning	Late Morning	Mid-Afternoon
2	6	56	11-12
3	22	20-21	121
4	126	128-129	78
5	49-50	68	84
6	81	88	115
7	89	94-95A	95B
8	117	130	105
9	109	55	139
10	140	162	119-120
11	120B		

Psalms for Praying 20th Anniversary Edition by Nan C. Merrill

[If the team decides on an early evening gather a Psalm can begin the prayer time.]

Day	Early Morning	Late Morning	Mid-Afternoon	Late Afternoon / Evening
2	Ps 15	Ps 18	Ps 19	Ps 21
3	Ps 24	Ps 25	Ps 26	Ps 27
4	Ps 29	Ps 31	Ps 32	Ps 34 A
5	Ps 34 B	Ps 37	Ps 40	Ps 42
6	Ps 51	Ps 66	Ps 68	Ps 71
7	Ps 73	Ps 76	Ps 77	Ps 78
8	Ps 79	Ps 80	Ps 86	Ps 90
9	Ps 92	Ps 99	Ps 103	Ps 105
10	Ps 106	Ps 107	Ps 108	Ps 119
11	Ps 122	Ps 132 a	Ps 132 b	Ps 135
12	Ps 136 a	Ps 136 b	Ps 139	Ps 147

Note: Read Psalm 100 for last prayer time no matter the length of the retreat.

Optional Doxology

Glory be to God the Creator, Jesus the Christ, and to the Holy Spirit.

As it was in the beginning is now and will be forever... Amen!

Centering Prayer Period Chimes and Reading Sequence

3 bells — Readings:

Invitation to Love

Psalms for Praying

Doxology

1 bell — **Centering Prayer** (30 minutes)

1 bell — **Contemplative Walk**

1 bell — **Centering Prayer** (30 minutes)

3 bells — **End of prayer**

Please honor the Centering Prayer 4th guideline by remaining in silence with eyes closed for a couple of minutes.