

Our Hands Imbibe Like Roots: St. Francis of Assisi on Connection and Contemplation

Wednesday, May 27th

Rooms available for checkin after 3 pm
Registration between 4:30-5:30pm
5:30pm Supper with conversation
7:00pm- Welcome, Introduction,
Evening prayer

Grand Silence begins until Closing.

Thursday, May 28 th

7:30 - Morning prayer
8:00 - Breakfast
9:30-10:15am Contemplative prayer 2x 20
minutes with stretch in between.
10:30 - Teaching

Our Hands Imbibe Like Roots: Recognizing Connection

12 noon - Lunch
Open time - Art box, labyrinth, rest...Soul
friending (1:00-2:00pm)
2:45- 3:30pm
Contemplative prayer 2x 20 minutes with
stretch in between.
3:30- Teaching

So I Place Them on What is Beautiful ...or Not

5:30pm - Supper
7:00pm - Evening prayer
7:45pm - Theme reflection and dialogue
(optional)

Friday, May 29th

7:30am Morning Prayer
8:00 Breakfast
9:30- 10:15 - CP x 20 minutes with stretch
in-between
10:30 - Teaching

And I Fold Them in Prayer, And They Draw From the Heavens, Light

12 noon-1:30pm - Lunch and Closing.

Please note: - The land, river and forest of Galilee offers itself to our contemplation. Please bring appropriate clothing and a blanket or small folding chair... Contemplative Outreach teaches and practises the way of Centering Prayer; however, all ways of silent prayer are most welcome. <https://coeo.ca/>

