

Contemplative Outreach Eastern Ontario/West Quebec
A Centering prayer retreat for Advent 2021
Gifts and Fruits of the Spirit

Schedule

Friday November 26th

Registration *in person* begins at 4:00pm

5:00pm Supper with conversation

7:00-8:30pm - Retreat opens with Zoom registrants

Welcome, Opening presentation- *Gifts and Fruits of the Spirit*

Evening prayer

Grand Silence begins until Closing.

Saturday, November 27th

7:30 - Morning prayer

8:00 - Breakfast

9:30-11:00am – in person and zoom group.

Presentation - *Gifts and Fruits of the Spirit*
followed by Centering prayer 2 x 20 minutes
with stretch in-between

11:00 - walking meditation outside or indoor Labyrinth available

12 noon - Lunch and open time

Open time – Available Labyrinth, Art table,
Soul friending - 4x 15-minute spots see signup sheet.

3:30pm - in person and zoom group.

Presentation - *Gifts and Fruits of the Spirit*
followed by Centering prayer 2 x 20 minutes
with stretch in-between

5:00pm – Supper

7:00pm – Presentation *Gifts and Fruits of the Spirit*
Evening prayer

Sunday, November 28th

7:30am Morning Prayer

8:00 Breakfast

9:30 – Anglican Eucharist *all are welcome*

10:30- 11:30am- Closing with refreshments

‘what is gathered in contemplation
is given out in love’... **Meister Eckhart**