



## A Quiet Morning with Centering Prayer Streaming – Feb. 20, 2021

### Agenda

- 8:55 am • Gathering  
Please type your name & email in chat room  
If you choose, please share how long you've been practicing Centering Prayer and what does God want for you today?  
if you'd liked to be on our mailing list and notified of future events.  
(click "chat" button at the bottom of the zoom screen)  
Logistics
- 9:00 am • Welcoming and Opening Prayer  
• Introducing today's agenda
- 9:20 am • Reflection  
• Centering Prayer Sit  
• Lectio Divina – **Psalm 51:1,10-12**  
• Individual alone time:  
Perhaps spend some time in a slow meditative walk or to journal;  
sit outside; Be Still  
It's a time to go deeper and reflect on what the scripture is saying to you.  
(i.e. Think about "How is God asking me to change?"  
and what came up in your Lectio meditation)
- 10:20 am • Come back together.... the gong will ring 3x  
Optional brief sharing with the group
- 10:35 am • Centering Prayer Sit  
Ending with gong 1x; listening to the *Lord's Prayer* being read;  
Listening to the Gloria Patri;  
then the gong will ring 3x to end in Silence
- 11:00 am Close in Silence as you leave the Zoom meeting.  
(Comments welcome in Chat room or you can stay until most have left,  
if you want to talk to Joanne and/or Pastor Terry)

---

***Thank you for attending our Virtual Retreat.  
We are so glad you spent this time with us!  
Please leave your thoughts on your experience in the chat box.***