



A Quiet Morning with Centering Prayer

Online Streaming – May 2, 2020

Agenda

(Times are approximate)

- 8:55 am • **Gathering**
Please type your name & email in chat room
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)
- 9:00 am • **Welcoming and Opening Prayer/Reflection**
• **Individual Introductions:**
If you choose, please share how long you've been practicing Centering Prayer and what you want to get out of today.... what does God want for you today?
- 9:30 am • **Centering Prayer Sit**
• **Lectio Divina – John 20: 19-31**
• **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 listening to the *Lord's Prayer* being read.
then the gong will ring 3x
• **Closing Prayer** by Joanne
- 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 email your thoughts on your experience to us.***

*Our ministry always appreciates and thanks God for your prayers, gifts and support.
If you'd like to donate to help us sustain our ministry, please use our "Donate" page on our website.*

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