

## Evolution of Monthly In-Person Centering Prayer

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### An Evening of Contemplative Fellowship

**When:** 2<sup>nd</sup> Wednesday evening of each month

**Time:** 4:00pm-7:00pm CT

**Location:** St. Paul's Monastery – 2675 Benet Road, St. Paul, MN

**Resources Shared + RSVP Information:** [www.benedictinewellness.com/ecf-resources](http://www.benedictinewellness.com/ecf-resources)

#### Objective:

- Provide individuals from the Saturday Centering Prayer Group, Benedictine CARE Wellness Program, and Sisters of St. Paul's Monastery an opportunity to further deepen and support *perseverance* and *consistency* with daily, individual Centering Prayer Practice
- Location supportive of contemplative presence
- Event has been financially underwritten for 1 year by individual(s) that aim to support the mission of the Benedictine CARE Wellness Program and St. Paul's Monastery to grow the essential resource of 'contemplative spiritual community' in the Twin Cities

#### Structure of Evening

*Individuals that cannot be there by 4pm are welcomed to come when they are able: the exception for committing to an arrival time is **RSVP is needed for dinner at 5:30pm***

#### 4:00pm – Group Sit

- Meet in Benedicta Riepp Room; begin transition from travel and what had our attention during the day (could come even earlier to walk labyrinth)
- Introductions and opening prayer begin promptly at 4:15pm
- 20-minute sit

#### 4:50pm – Attend Evening Prayer with the Sisters (optional)

- Labyrinth, walk on grounds, visiting, or viewing art gallery could also be enjoyed

#### 5:30pm – Dinner together as group in the dining room

#### 6:00pm – Meet back in meeting room

- 20 minutes for guided spiritual formation topic and personal reflection
- 30 minutes for open conversation
- 10 minutes for brief guided closing prayer/return to silence

#### 7:00pm – Evening concludes

- Individuals are welcome to stay outside on grounds to walk Labyrinth, etc. as weather permits (*note: doors will be locked with no access back into the building*)