



## R.P. W.S. Community Participatory Retreat Learning Our Lineage with Cynthia Bourgeault

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### **Thursday, April 4th. Three Centered Knowing**

4:30 - 5:30	Gather & Complete Registration
5:30 - 6:30	Dinner (Take Out)
6:30 - 6:40	Opening Chant (Craig)
6:40 - 7:00	<b>Lectio Divina The Gospel of Thomas 1. (Leader - Volunteer)</b>
7:00 - 7:10	<b>Meditation (Leader - Volunteer)</b>
7:10 - 7:21	Introduction to Three Centered Knowing (Handout and end of C.B. video introduction)
7:21 - 7:40	The Moving Center (C.B. video)
7:40 - 7:50	Moving Center Practice - (Carley)
7:50 - 8:00	The Emotional and Intellectual Centers (C.B. Video)
8:00 - 8:10	Emotional Center Practice -
8:10 - 8:30	How the Three Centers Interrelate (C.B. Video)
8:30 - 8:45	Queries to Season Overnight for Friday AM Discussion (Michael) <b>Chant (Leader - Volunteer)</b>

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### **Friday Morning Three Centered Knowing in Our Life & The Rule of St Benedict**

7:30 - 8:30	Gather for Continental Breakfast
8:30 - 8:40	<b>Opening Chant (Leader - Volunteer)</b>
8:40 - 9:00	<b>Meditation (Leader - Volunteer)</b>
9:00 - 9:45	Open Discussion of Queries (Michael and Carol)
9:45 - 10:00	Break
10:00 - 10:25	The Rule of St Benedict, Introduction and Ora et Labora (Video)
10:25 - 10:45	<b>Lectio Divina (Leader - Volunteer)</b>
10:45 - 10:55	The Rule of St Benedict, The Divine Office (Video)
10:55 - 12:00	Conscious Work (John & <b>Volunteers</b> )
12:00 - 1:30	Lunch

### **Friday Afternoon Rule of St Benedict & Wisdom Obstacles in Our Lives**

1:30 - 1:40	<b>Opening Chant (Leader - Volunteer)</b>
1:40 - 2:00	<b>Lectio Divina The Gospel of Thomas 2. (Leader - Volunteer)</b>
2:00 - 2:15	The Rule of St Benedict, Part 3 (Video CB)
2:15 - 2:25	Discussion
2:25 - 2:40	The Rule of St Benedict, Part 4 (Video CB)
2:40 - 2:50	<b>Body Movement (Leader - Volunteer)</b>
2:50 - 3:00	Break
3:00 - 4:00	Rule of St Benedict Open Discussion (Leader PT)
4:00 - 4:10	<b>Chanting (Leader - Volunteer)</b>
4:10 - 4:20	<b>Body Movement (Leader - Volunteer)</b>
4:20 - 5:15	Other issues arising for people (e.g. inner transformation, reconciling a theology of transformation with a traditional theology of redemption & salvation.)
5:15 - 5:30	<b>Closing Chant. (Leader - Volunteer)</b>

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## Saturday Morning The Gospel of Thomas

7:30 - 8:30	Gather for Continental Breakfast
8:30 - 8:40	<b>Opening Chant (Leader - Volunteer)</b>
8:40 - 9:00	<b>Meditation (Leader - Volunteer)</b>
9:00 - 9:10	Selection of Logion for Two Sessions of Lectio
9:10 - 9:30	<b>Lectio Divina First selection (Leader - Volunteer)</b>
9:30 - 9:40	Body Movement <b>(Leader - Volunteer)</b>
9:40 - 10:00	<b>Lectio Divina Second Selection (Leader - Volunteer)</b>
10:00 -10:10	Break
10:10: 10:30	Christian Wisdom The Way of the Heart; <i>The Heart as an Organ of Spiritual Perception</i> (Video)
10:30: 10:40	Discussion
10:40 - 10:50	Chanting <b>(Leader - Volunteer)</b>
10:50 - 12:00	Conscious Work (John & Volunteers)

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## Saturday Afternoon, The Way of the Heart

1:30 - 1:40	<b>Opening Chant (Leader - Volunteer)</b>
1:40 - 2:05	<i>Heart as the Pathway to Nondual Consciousness; Centering Prayer; Passions Divide the Heart.</i> (Video)
2:05- 2:25	<b>Meditation (Leader - Volunteer)</b>
2:25 -2:40	<i>Symeon's Three Methods of Prayer and Attention.</i> (Video)
2:40 - 2:50	Break
2:50 - 3:00	Movement <b>(Leader - Volunteer)</b>
3:00 - 3:20	<i>Putting Attention in the Heart.</i> (Video)
3:20 -4:20	Discussion
4:20-4.30	Break
4:30 -5:00	Elicit sharing; questions and comments
5:00-5:15	Closing Chant & Movement

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## Sunday Morning, Kenosis, Abundance, Singularity

7:30 - 8:30	Gather for Continental Breakfast
8:30 - 8:40	<b>Opening Chant (Leader - Volunteer)</b>
8:40-9:00	<b>Meditation (Leader - Volunteer)</b>
9:00- 9:15	<i>The Heart As An Organ of Spiritual Perception, Observing Three Things I, II</i> (Video)
9:15-9:25	<b>Movement (Leader - Volunteer)</b>
9:25-9:45	<i>Observing Three Things III</i> (Video)
9:45--9:55	Break
9:55-10:10	<i>Three Core Tenets of Jesus' Teaching, Kenosis, Abundance Singularity</i> (Video)
10:10-10:20	Movement
10:20 10:40	<b>Lectio Divina Thomas 24 (Leader - Volunteer)</b>
10:40-11:30	Open Discussion, <i>The Way of the Heart</i>
11:30-11:40	<b>Chanting (Leader - Volunteer)</b>
11:40--11:50	Break
11:50	Eucharist: <ul style="list-style-type: none"><li>• The Gospel of Mary, Page 9</li><li>• Wisdom Circle: Where have we come? Where are we going?</li><li>• Your summation.</li><li>• Blessing &amp; sharing of bread &amp; wine</li></ul>