



LOYOLA ON THE POTOMAC

A Jesuit Retreat House

Centering Prayer Retreat: April 15-18, 2019

Retreat Schedule

Monday, April 15, 2019

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| 4:00–6:00 p.m. | Arrival |
| 6:00 | Welcome & Orientation (Ignatius Chapel) |
| 6:15 | Dinner (Main Dining Room) |
| 7:30 | Introduction to Centering Prayer (Ignatius Chapel)
This will be the only extended time of group teaching in the entire retreat. We strongly urge newcomers to attend this session, which will include the opportunity to experience centering prayer together and to reflect on the experience. Experienced pray-ers are welcome. |

Tuesday, April 16–Wednesday, April 17, 2019

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| 7:30 a.m. | Centering Prayer (10 min) and Morning Prayer (Ignatius Chapel) |
| 8:00 | Breakfast (Main Dining Room) |
| 9:15-10:00 | Individual consultation available. |
| 10:30 | Morning Session (Ignatius Chapel)
A “session” will include fifteen minutes of instruction, followed by two twenty-five minute periods of prayer, separated by a ten-minute period of contemplative walking. |
| 12:00 noon | Mass (Ignatius Chapel) |
| 12:30 p.m. | Lunch (Main Dining Room) |
| 1:45-2:30 | Individual consultation available. |
| 4:30 | Afternoon Session (Ignatius Chapel) |
| 6:00 | Dinner (Main Dining Room) |
| 8:00 | Centering Prayer (10 min) and Night Prayer (Main Chapel) |

Thursday, April 18, 2019

7:30 a.m.	Centering Prayer (10 min) and Morning Prayer (Ignatius Chapel)
8:00	Breakfast (Main Dining Room)
9:15-10:00	Individual consultation available. Breakfast (Main Dining Room)
10:30	Morning Session (Ignatius Chapel)
12:00 noon	Mid-Day Prayer (Ignatius Chapel)
12:30 p.m.	Lunch (Main Dining Room)
	Departure