



Contemplative Outreach of Greater Vancouver

We Invite you to join us for a Two-Part Mini Retreat Day
Via Zoom – Saturday May 2nd 2020 at 9.30am



Part 1 - A Taste of Silence (1-11/2 hours)

A time to refresh and renew with the greater community of centering prayer. It will consist of:

- ❖ *A 25-minute Centering Prayer Sit*
- ❖ *Lectio Divina*
- ❖ *A time of Sharing*
- ❖ *Specific Intercession for this moment in time*



**Stretch Break for those who wish to partake in Part 2.
Farewells to those who wish to leave the meeting.**



Part 2- Enrichment (11/2-2hrs)

This time is set aside for focusing on Servant Leadership. It is open to all who are using the gifts they have been given in service to COGV, and to all who desire to grow in this way. It will consist of:

- ❖ *A video teaching by Father Thomas Keating*
- ❖ *A focus on 2-3 CO Guidelines for Service in the manner of Lectio Divina*
- ❖ *Facilitated conversation on material and sharing of experiences*

For further information and to register your intention to attend, please contact Christine: chris.kesans@gmail.com or 604-944-7447