

6-week Series from the Contemplative Life Program
A GUARD OF THE HEART PRACTICE -ATTENTION/INTENTION
"The one thing needed"

Wednesdays 6 am – 7 am, September 30th through November 4th, 2026
All are Welcome – Come as you are!

Weekly Journey

1. Introduction
2. The Little Way of St. Therese of Lisieux
3. The Practice of Self-Abandonment of Jean-Pierre De Caussade
4. The Practice of the Presence of God of Brother Lawrence
5. The Way of the Monk in the World of Wayne Teasdale
6. The Most Excellent Way of St. Paul



Morning Schedule

5.45 am Zoom Room opens with music
6 am 20-minutes Centering Prayer
Followed Attention/Intention practice
Holy Listening, Sacred Sharing
Zoom closes no later than 7 am

What would be an active discipline to assist our Centering Prayer, so that it doesn't become self-centered or a mere process of self-perfection, but actually is the assimilation of the infinite tenderness of God living His life within us? Such a discipline I call the 'attention/intention practice.'

- Thomas Keating, Contemplative Outreach News 1996

Today we face a world of too much complexity, fragmentation, noise, stimulation and haste. We sometimes find ourselves overwhelmed by the sheer weight of responsibilities and tasks, strained and hurried by appointments and commitments. Commercialism can hold sway. But there is another way to be in the world, to live from a Holy Center, the Divine Center Who abides in us, Who can speak in us and through us at all times - if we listen. Each of us can live a life of power and peace and serenity, of integration and confidence - if we really want to. Do we really wish to be a contemplative in the world? If so, what should we do between the periods of Centering Prayer?

The answer is surprisingly simple: Do what you're doing - on purpose.

-From the Attention/intention Booleet - Introduction

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For further information, zoom link and to register your intention to attend,
please contact Christine: chris.kesans@gmail.com or 604-817-6840