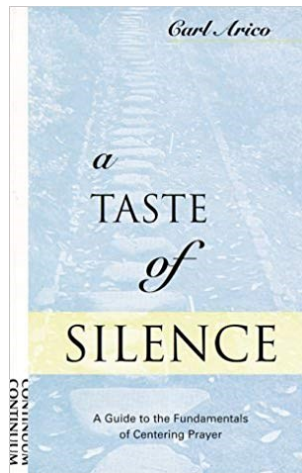


THE METHOD OF CENTERING PRAYER

1. Choose a sacred word as the symbol of your intention to consent to God's presence and action within.
2. Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word.
3. When engaged with thoughts, return every so gently to the sacred word.
4. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.



Available at your favorite online book seller.



CONTEMPLATIVE OUTREACH

Piedmont NC Chapter

www.copnc.org

Facebook: www.facebook.com/COPNCpage/

Email: copnc@icloud.com

Contemplative Outreach International

www.contemplativeoutreach.org

CONTEMPLATIVE OUTREACH OF PIEDMONT, NC

On Retreat with Fr. Carl Arico

SILENCE:

GOD'S FIRST LANGUAGE

November 2, 2019 • 10 AM—3 PM

Myers Park Presbyterian Church

Charlotte, NC



*For God alone my soul waits in
silence, for my hope is from him.*

Psalm 62:5

OPTIONAL:

10:45 AM Sunday, November 3

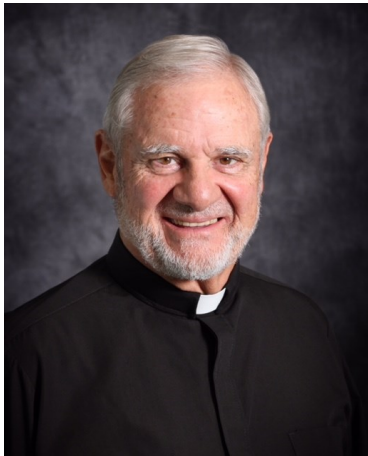
Mass at St Gabriel Church

3016 Providence Rd, Charlotte

Fr. Carl will preside and preach

FATHER CARL ARICO

Fr. Carl Arico is author of *ATaste of Silence*. He has been an integral part of the growth and development of Contemplative Outreach since its beginnings in 1984. Fr. Arico is known for his humor and his ability to bridge the linguistic gap between the clergy and laity. He is honored to have known Fr. Keating since 1969 and believes wholeheartedly in the purpose of Contemplative Outreach.



PROGRAM

| | |
|----------|--|
| 10:00 AM | Welcome and Introduction <i>Reverend Deborah Conner</i> |
| 10:15 AM | Centering Prayer |
| 10:45 AM | Conference I: Is Yes Really Yes, or Is It Maybe? |
| 11:15 AM | Break |
| 11:25 AM | Conference II: The Four Levels of Fidelity |
| 11:55 AM | Centering Prayer |
| 12:25 PM | Lunch (<i>in silence</i>) |
| 1:15 PM | Conference III: The Quality of Our Consent |
| 1:45 PM | Standing Break |
| 1:50 PM | Conference IV: The Four Cen- tering Prayer Guidelines as a Way of Life |
| 2:20 PM | Questions |
| 2:40 PM | Lectio Divina <i>Luke 19: 1-5</i> |
| 3:00 PM | Dismissal |

Fr. Carl will be available after the program for additional questions and greetings.

SILENCE, PLEASE!



Silence often makes us uncomfortable. With no conversation, no cell phone, what do we do with ourselves? Silence allows us to get out the way and open ourselves to God.

Today, you are invited into silence. Try silence as a temporary discipline. It's just for a few hours.

- Once the program starts, our time of silence starts.
- Please turn off cell phones and other electronic devices.
- Even lunch will be in silence. You might be amazed at how good the food tastes!
- Please be respectful of others' silence. Avoid conversation in the building.
- If you must talk or have a cell phone conversation, please step outside.