

# Centering Prayer Agenda

In the DeMazenod Room:

10:30 A.M. - Opening prayer

Discussion on theme for the month

Watch 10 to 15 minutes of a Fr. Keating videocassette

Talk about what was just viewed

Short Break

Walk to the church

Scripture reading

20 Minute sit

Scripture reading

Return to the DeMazenod Room

Person who prepared the Sacred Table describes its meaning

Noon - Listen to ending song or poem

This is the usual format for our Centering Prayer sessions but it may be altered due to the promptings of the Holy Spirit.