

DEEP CALLS TO DEEP

a deep dive into the contemplative practice
of centering prayer



The Deep to deep
calls

The Voice to the voice

Psalm 42.7 the Peshitta, Aramaic Bible

a call to intimacy

About Sr Magdalen



Sr Magdalen entered the Benedictine Abbey at Jamberoo, Australia in 1996 and made her Solemn Monastic Profession in 2001. Since entering Sr Magdalen has completed an MA(Theol.), 2006, been certified in the formation of Prayer Companions program from Mary McKillop centre in North Sydney (1999) and has guided guests in spiritual direction for the last 23 years. She is currently companioning students who are studying with the Global Online Benedictine Spiritual Direction Program, taught from Benet Hill Monastery in Colorado USA.

Since 1998, Sr Magdalen has led retreats and offered regular weekly meditation and centering prayer sessions for our guests. Sr Magdalen has written reflections which are posted on our website, and since 2021 she writes and presents online retreats. She also offers a meditation practice every Friday afternoon at 3.30pm AEST on zoom. As cantor her love of music and song finds expression in the praise and prayer offered in the Divine Office. She is privileged to have the care of one of our dogs, beautiful Keira, our five-year-old German Shepherd.

Sr Magdalen's Benedictine spirituality resonates within the perennial wisdom tradition. She is passionate about contemplative practice, engaging in spiritual conversation which explores the depths within our tradition(s), and sharing affirmation, encouragement and practical tips, for those engaged on the journey of contemplative spiritual exploration and practice.

Who will benefit from this retreat?

- Those who have a desire to go deeper in their prayer and relationship with God
- Those who feel a call to contemplative prayer
- Those who are interested in centering prayer in particular
- Those who are beginners in this practice
- Those who have an established practice may also benefit from this retreat

Your commitment

- Two periods of centering prayer daily (approx. 20 mins. each) for the 7 days of retreat
- Spend some time each day reflection on the teaching and engaging in the daily practice
- Attendance and participation in the weekend zoom sessions

The content of the retreat

This retreat:

- moves through the foundation, method and practice of this simple, yet profound and transformative way of prayer
- follows the method outlined by Fr Thomas Keating and the Contemplative Outreach Network

Introductory material is available on registration which I encourage you to become familiar with. It includes a chant, a meditation timer and a centering prayer leaflet by Fr Thomas Keating. Dipping your toes in at this stage will help you dive deeply into the retreat.

The invitation to practice and the offering of practical tips help to navigate the seas of spiritual practice and ultimately enable a wholehearted response when ‘Deep calls to deep’.

The structure of the retreat

In the five days prior to the weekend retreat you will receive a daily teaching which focuses on an aspect of the practice and a practice for the day. The teaching will include an audio lesson (approx. 20min) with accompanying transcript and practice suggestions, all of which are available for download.

Day One: *First things first* - understanding contemplative prayer and practice. What is it? Why should I do it?

Day Two: *The basics of practice*: Breath and posture - why essential?

Day Three: *The sacred Word* - Intention and attention in this practice and how to use this sacred tool;

Day Four: *How important is it?* Thoughts and distractions that can hijack our practice and prayer - and our judgments about them;

Day Five: *Putting it together* and preparing for a deep dive into our practice.

The weekend retreat offers zoom gatherings on the Friday evening 7pm-8.30pm (AEST), Saturday and Sunday morning 10am-12.30pm (AEST), with breaks built in. The sessions consolidate the daily audio, centering prayer practice, questions and answer time and the opportunity for spiritual conversation and sharing.

Friday 7-8.30pm AEST:

Welcome: gathering and chant: 25 mins

Focus: check list for beginners: 15mins.

Body prayer: 5 mins.

Practice: 20 mins.

Body prayer: 5mins.

Personal reflection: 10 mins.

Conclusion

Saturday 10am AEST:

Gathering and chant: 10 mins.

Focus: the body breath and posture 10 mins.

Body prayer: 5 mins.

Practice: 20 mins.

Question and answer/ sharing 15 mins.

Break 30 mins. - invitation to walk, stretch, ponder

Saturday 11.30 AEST:

Chant: 5 mins.

Focus: reviewing the sacred Word 10 mins.

Body prayer: 5 mins.

Practice: 20 mins.

Question and answer/sharing: 20 mins.

Sunday 11am AEST:

Gathering and chant: 10 mins.

Focus: letting go and letting God - dealing with thoughts 10 mins.

Body prayer: 5 mins.

Practice: 20 mins.

Sharing: 15 mins.

Break 30 mins. - invitation to walk, stretch, ponder

Sunday 12.30 AEST:

Body prayer 5 mins.

Practice 20 mins.

Break out rooms sharing 15 mins.

Concluding comments 20 mins.