

# Meeting Schedule

**Thursdays**, we will learn from one another's experiences of our assigned reading and assigned spiritual practices. This time will serve the "discipline of accountability" and will center us more deeply into the readings and practices we commit to as a cohort community. Thursday evenings will finish our day with guided discussion about the contemplative life as we gather in dinner groups.

**Friday mornings** will be for teaching and the practice of several contemplative disciplines such as liturgy of the hours, centering prayer, welcoming prayer, active prayer, spiritual discernment, silence, lectio divina, sabbath keeping, charismatic experience, and more.

**Friday afternoons**, we will explicitly focus on Enneagram topics that relate to the contemplative life, with an emphasis on exploring how the wisdom of the Enneagram informs the practices taught in the morning. Specific Enneagram work will center around the 9 core passions/sins, stances, triads, and more.

**Saturdays**, we focus on continued discussion, practice, and teaching about the contemplative life, spiritual practices, and the Enneagram concluding with celebration of the Holy Communion.

***This cohort is for those who want to spend a year exploring how the contemplative life and the Enneagram can grow our souls, expand our experience of God, and serve our communities.***