



*Deepening Prayer, Strengthening Communion*  
*June 11, 2020*  
*Led by Deborah Smith Douglas, SCHC, Oblate OSB Cam*  
Times shown in US Eastern Daylight Savings time

8:30 a.m.	Check In
9:00 a.m.	Adelynrood Orientation
9:15-10:15 a.m.	Session One: <b>Blessed Communion: Praying in the Company of Women</b>  (Note: Each of these three brief addresses will be followed by silent time for reflection, journaling, personal prayer, with suggestions from art, poetry, and Scripture as guides for meditation.)
10:15-10:30 a.m.	Break
10:30-11:30 a.m.	Session Two: <b>Thanks be to God: Gratitude as a Spiritual Discipline</b>
11:45 a.m.	Nine bells ring in preparation for the Service of Intercessions.
12:00 p.m.	Intercessions
12:30 p.m.	Lunch
1:30-2:30 p.m.	Session Three: <b>Close to the Heart of God, Clinging to the Rock: Intercession as a Contemplative Practice</b>
2:30 p.m.	Break
2:45-3:30 p.m.	Plenary Session: sharing insights, questions, comments
3:30 p.m.	Program ends