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How to Use this Resource

Gratitude:

I would like to begin this introduction by giving credit where that credit is due. The original material from which this workshop grew was developed by Susan Komis, Bonnie Shimizu and Rebecca Crowley. I am deeply grateful for the influence their ministry has had in my growth as a facilitator. And, a big "Thank you!" to Andy Rawls for his generous spirit and the long hours he lovingly dedicated to taping and editing the sessions.

- Nestor de Armas, Facilitator Support and Enrichment Service Team Leader

Introduction

The purpose of this workshop is to empower people with a very strong commitment to the practice of Centering Prayer to facilitate Centering Prayer groups. It is impossible to overestimate the importance of the attendee’s commitment to the practice. Everything worthwhile we do as facilitators springs from the Prayer.

The workshop consists of ten sessions. Each session is followed by a period of small group discussion to dig deeper into some aspect of the material presented. One of the best resources available to the attendees is the wisdom the group brings to the workshop. Whatever learning takes place will come primarily from the attendees’ willingness to engage in introspection and to share their experiences.

The topics will attempt to deal with the basics of facilitating a Centering Prayer group, dealing with the practical and getting the fundamentals right. The emphasis will be on the application of the topics to our Centering Prayer group experience: what actually happens in a group and in our lives. The workshop that was taped included a session on the Contemplative Outreach website. That session is not included in this workshop.

The Ten Sessions:

The workshop will be organized around three topics:

1. Facilitator Attributes Spirituality & Skills,
2. What a Beginning Facilitator Needs to Know, and
3. The Facilitator Handbook

These topics are broken down into smaller segments to facilitate discussion:

1. Facilitator Attributes Spirituality & Skills, Part 1
   a. Spirituality of a Facilitator
   b. Desired Attributes of a Facilitator
   c. Facilitator Spiritual Preparation
2. Facilitator Attributes Spirituality & Skills, Part 2: Growing as a Facilitator
3. Facilitator Attributes Spirituality & Skills, Part 3
   a. Facilitating Faith Sharing
   b. Answering Questions
Facilitator Formation Workshop Level 1

c. Group Dynamics
4. Facilitator Attributes Spirituality & Skills Part 4 - Large Group Question and Answer Session
5. What a Beginning Facilitator Needs to Know, Part 1
   a. Foundational Concepts
   b. Why, What and How of Centering Prayer Groups
   c. Models of Facilitation
   d. Tools and Punch lists
   e. Variety of Centering Prayer Groups
6. What A Beginning Facilitator Needs to Know, Part 2
   a. Getting the Meeting Started
   b. Leading the Centering Prayer Period
   c. After the Centering Prayer Period
   d. Guidelines for Sharing (Handout A)
7. What A Beginning Facilitator Needs to Know, Part 3
   a. Models of Facilitation
   b. Facilitator Tools (Handouts B, C and D some of the tools offered under this topic)
   c. Variety in Centering Prayer Groups
8. What A Beginning Facilitator Needs to Know Part 4 - Large Group Discussion
10. The Facilitator Handbook Part 2, Large Group Discussion

At the end of each session, there is a suggested exercise. These exercises will involve both small and large group discussion. Small groups of two to four people will be formed depending on the exercise. Some of the exercises will involve presentation or discussion of all attendees. These are referred to as large group discussions. Here is a brief introduction to the exercises.

Exercise 1:

The purpose of this exercise is to help the attendees discern the resources they bring to their ministry and the areas they have an opportunity to develop. Invite them to go through the questionnaire with a nonjudgmental attitude and then share their findings with another facilitator.

Exercise 2:

One of the greatest benefits available to all facilitators is the opportunities for spiritual growth that come with service. An excellent resource for this growth is faith sharing with other facilitators. This exercise will offer this opportunity.

Exercise 3:

Learning that one does not have to have an answer for every question and that one does not need to be an expert on Centering Prayer are two key attitudes that lead to facilitator growth. This exercise is a fun way to explore the limits of our knowledge.
Facilitator Formation Workshop Level 1

Exercise 4:

One of the most powerful resources of this workshop are the attendees. We use small group discussions to dig into the issues. We use large group discussions to share the most important findings. Consider using both small group and large group discussions as opportunities for the attendees to practice their facilitator skills. That is to say, assign attendees to facilitate both small group and large group discussions. If you are taking this workshop by yourself, we strongly urge you to do the small group discussion exercises with a Mentor.

Exercise 5:

It is very helpful for a Centering Prayer group to have a clear definition of its purpose. This statement is not a strait jacket. It is more like a light house that keeps the group headed in the direction it has chosen. A clear statement of purpose will be especially helpful in avoiding conflicts and encouraging Centering Prayer groups to work together in the future. The purpose of this exercise it to help facilitators lead their Centering Prayer group reach a consensus on why it exists.

Exercise 6:

It is very helpful for a Centering Prayer group to have clear guidelines for sharing. A strong consensus on sharing guidelines helps the group avoid potential conflicts and encourages unity of purpose. The purpose of this exercise it to prepare facilitators to lead a guideline discussion in their group.

Exercise 7:

It is important for us to extend a warm welcome to visitors. A key aspect of feeling welcomed is knowing what to expect (agenda) and to have some basic understanding of what Centering Prayer is. The purpose of this exercise is to help facilitators begin to prepare a brief, less than five-minute, introduction to Centering Prayer.

Exercise 8:

One of the most powerful resources of this workshop are the attendees. We use small group discussions to dig into the issues. We use large group discussions to share the most important findings. Consider using both small group and large group discussions as opportunities for the attendees to practice their facilitator skills. That is to say, assign attendees to facilitate both small group and large group discussions. If you are taking this workshop by yourself, we strongly urge you to do the small group discussion exercises with a Mentor.

Exercise 9:

One of the most important aspects of facilitating small group discussions is to locate resource materials for those discussions. The purpose of this exercise it to acquaint facilitators with the resources found in the Guide to Contemplative Outreach Resource Materials and the Facilitator Handbook. If you want to make this fun, have the attendees award prizes for creativity, broad use of CO resources, meeting the needs of the group.
Exercise 10:

This will be the final wrap up session. It is a marvelous opportunity for people to share what the workshop has meant to them. We urge you to open the discussion to any question they may still have about facilitating a Centering Prayer group.

Possible Agenda

We have enclosed a suggested agenda for a one day workshop. We believe this workshop can be extended to a weekend-long retreat/workshop by including more Centering Prayer periods, time for reflection, and by expanding the small group exercises and the large group discussions. The workshop can also be offered as a series of half-day workshops over a period of weeks. When used individually, we recommend the participant include at least one mentor with whom to discuss their questions and share their exercises. You are encouraged to customize this workshop to your needs to the fullest extent possible, including coming up with your own exercises and large group discussion topics.

A blessing:

Ephesians 3: 16 – 21
Facilitator Formation Training Online Videos
Download Instructions

The videos are accessed on a restricted page. Once you have accessed the videos you can download them.

Go here to access the videos: Click Facilitator Formation Portfolio

Then follow these instructions:

Click the download button under the video and right-click the size of the video you would like to download, then choose Save Link As/Save Target As.

Use this password as it is shown here: Facft*1w

If you have additional questions please email webmaster@coutreach.org.
Exercises 1 - 10

Exercise 1
Personal Reflection Worksheet
(For personal use only – not to be handed in)

This exercise is offered (1) to help you reflect on the motivations that may be influencing your service and (2) to help you identify your current strengths and opportunities for growth.

INSTRUCTIONS: Use the questions below to reflect on how you see yourself on a scale of 1 to 5. 1 indicates a lower ability. 5 indicates a higher ability. Circle the appropriate number.

1. Do I listen well in most situations? 1 2 3 4 5
2. Am I able to respond to ideas and personalities in a non-judgmental way? 1 2 3 4 5
3. Do I put people at ease in a group? 1 2 3 4 5
4. Am I sensitive to the needs and feelings of others in a group? 1 2 3 4 5
5. Do my personal feelings and prejudices interfere with my listening and communicating skills? 1 2 3 4 5
6. What you have learned about yourself that you can use to help the members of your CP Group support one another in transformation in Christ?
7. Share the results of question 6 with another facilitator in the workshop.
8. In the next couple of days, take time to write down specific ways you can apply your strengths and specific behaviors you would like to develop.

Use the back of this worksheet if you need additional room to write down your reflections.
Exercise 2
Growing as a Facilitator

The purpose of this exercise is to reflect on how the role of facilitator has transformed you and what the influencing factors may have been.

1. Form small discussion groups of 3 or 4 participants. If the group is smaller, do the entire exercise as one group. If you are taking this alone, find another facilitator deeply committed to practicing Centering Prayer and do this exercise with them.
2. If working in small groups, select someone to be your group’s reporter. This person should take concise notes that summarize will your group’s wisdom.
3. Spend a few minutes self-reflecting on the following:
   a. How have you grown as a facilitator over the past year?
   b. How did it come about? What or whom contributed to your process?
4. Share your insights with the group.
5. If working in small groups, help your reporter summarize the major points from your group’s sharing on a flip chart. Then reconvene as a large group and share.
Exercise 3
Stump the Workshop

Select a question below to challenge or “stump” the workshop participants. Caveats: (1) your group must feel it knows the answer before it can ask it, and (2) the workshop participants must agree your group’s answer is correct in order for the selection to qualify for an award. For example, you may have the most interesting question, but if the participants deem your answer to be incorrect, then you don’t qualify for that award.

There will be three awards voted by the workshop participant:

1. Stump the workshop
2. Most interesting question
3. Most useful question

Sometimes I feel so restless during CP that I need to end my prayer after only 10 minutes. Is this okay?

My mind is full of thoughts and I find myself using my sacred word all the time. Am I doing the prayer right?

What are other sacred symbols besides the sacred word that can be used during CP?

Sometimes during CP I find myself crying but I don’t know why. Do you know why?

When I am praying alone, how should I time my period of CP?

How do you find time to do two periods of CP? I have small children at home and I just don’t see when I can find the time.

Is it okay to do CP for more than 20 minutes at a time?

I’ve heard that CP is an import from the Eastern spiritual traditions and I’ve certainly never heard about it in my church. Is it really Christian?

I don’t feel much of anything during CP. Am I doing something wrong?

How can this be prayer? I’m not doing anything but saying one word.

I don’t think I am doing this right because my mind is always full of thoughts.

What is the difference between Centering Prayer and contemplative prayer?

What is Centering Prayer?

The thoughts going through my mind are just a big jumble. How can this be prayer?
Exercise 3: Stump the Workshop continued

I’ve done TM for so many years that my mantra keeps coming up when I introduce the sacred word. What do you suggest I do?

Will my thoughts ever disappear during CP?

I want to change my sacred word but I remember someone telling me that it is not good to change my word. What do you think?

What is the purpose of the contemplative walk that we do between periods of CP?

I always fall asleep during my evening CP. Is there anything I can do?

Why is it recommended that we do two CP periods per day?

What are some of the fruits of a daily practice of CP?

I’ve read “Open Mind, Open Heart.” What should I read next?

Can you tell me more about this unloading process that occurs during CP? I find the idea a little scary.

Is Lectio Divina the same as CP?

Is a Centering Prayer group important to my practice?

How do you personally find the time to pray?

Why aren’t more men involved in CP?

What about distractions and thoughts? Why do they happen, and how do I deal with them?

How do you measure success in CP?

What if I get lost “out there” or "in there" and can’t get back?

How much do I have to give up of my material life and comfort?

If I really “let go” in CP, can some “demon” or “spirit” take me over and control me?

How do I deal with the negative thoughts and emotions that arise?

Why is a Centering Prayer period 20 minutes?

How does CP relate to intercessory prayer?

I don’t feel CP is for me. Is there something wrong with me?
Exercise 3: Stump the Workshop continued

Is “Centering” a cult?

Can CP reduce the stress in my life?

Should I try to create a perfect environment of quiet in which to center?

When do you pray? What’s the best time of the day?

How does CP differ from other meditation practices like TM, the Jesus Prayer, and John Main’s Christian Meditation?

How do I use the sacred word?

How does CP fit in with other spiritual and religious practices like Bible Study, Sunday services, Rosary, Pentecostal Prayer, etc.?

Is CP a “New Age” practice?

Sometimes in CP I feel the Holy Spirit moving in me. Should I go with it or stick to the sacred word?

Is CP similar to the 12-Step Program? It seems like “letting go” in CP is like surrendering to a Higher Power in AA?

Why is it that sometimes in my prayer I feel like I’m going backward or even starting all over?

What do you do if you can’t do Centering Prayer twice a day?
Exercise 4
Large Group Sharing

The purpose of this exercise is to encourage a large group discussion and review of all the issues presented to date. This is an excellent opportunity to allow the wisdom of the group to inform all participants. Simply ask for questions or clarifications. Consider refraining from answering the questions yourself, but rather, invite the participants to respond out of their own personal experience. If at the end of a given discussion you feel strongly that you have an insight that would be beneficial to the group, go ahead and share it. You may also use this time for each small group to share the result of their discussions during exercise 2.

If you are taking this alone, consider sharing your questions with an experienced facilitator you know.
Exercise 5
Centering Prayer Group’s Statement of Purpose

It is very helpful for a Centering Prayer group to have a clear definition of its purpose. This statement is not a strait jacket; it is more like a light house that keeps the group headed in the direction it has chosen. A clear statement of purpose will be especially helpful in avoiding conflicts and encouraging your group to work together in the future. The purpose of this exercise it to help you lead your Centering Prayer group in reaching a consensus on why it exists.

Break up into small groups of three to four participants. Select a facilitator.

1. Have each member share what they believe is the purpose of their own group. Why do they meet? Here is an example. (This example is offered only to assist your discussion. It is not offered as the purpose statement for any group. Each group is invited to engage in reaching consensus on their own statement of purpose.)

   We come together as a community for personal and individual prayer, to experience God’s presence in quiet and peace, and to support each other in this transformational journey.

   You may find the Vision of Contemplative Outreach helpful:

   We embrace the process of transformation in Christ, both in ourselves and in others, through the practice of Centering Prayer.

   And the following commentary on its Vision:

   The fundamental purpose of Centering Prayer and of Contemplative Outreach is to further the knowledge and experience of God’s love in the consciousness of the human family.

2. Be prepared to share your group’s various purpose statements during the large group discussion that follows.

3. After the workshop, take the time to write a draft of your Centering Prayer group’s purpose.

4. When you are back with your own Centering Prayer group, invite them to clarify the group’s purpose.

   a. Explain why clarity of purpose is helpful
   b. Share your draft of a purpose statement. Make it clear it is being offered only as an example to facilitate the group’s discussion.
   c. Invite each member to share their version of the group’s purpose. As a starter, begin the discussion by having each person share what they think is an important aspect of the group’s purpose.
   d. At the end of the discussion, invite them to prayerfully reflect on the group’s purpose during the week and be prepared to share their draft of a purpose statement with the rest of the group.
Exercise 5: Centering Prayer Group’s Statement of Purpose continued

e. Over time, facilitate your group to reach consensus on a statement that clarifies why you meet weekly.

f. Periodically, as appropriate for your group, read the group’s Statement of Purpose and ask if it still applicable. If not, facilitate a consensus exercise on a new Statement of Purpose that is more in line with the group’s purpose.
Exercise 6
Your Centering Prayer Group’s Sharing Guidelines

It is very helpful for a Centering Prayer group to have clear guidelines for sharing. A strong consensus on sharing guidelines helps the group avoid potential conflicts and encourages unity of purpose.

Break up into small groups of three to four participants. Select a facilitator.

1. Review Handout A- Centering Prayer Group Guidelines for Sharing
2. Ask each member to share which guideline they find particularly helpful.
3. Ask each member to share additional guidelines that might be helpful
4. As a group, come to a consensus on the top seven guidelines.
5. Be prepared to share your top seven guidelines in the large group discussion

When you are back with your Centering Prayer group, facilitate your group through a consensus process to create a new set of guidelines or to reaffirm or update its current guidelines.
Exercise 7
Introducing Centering Prayer in Less Than Five Minutes

It is important for all members to extend a warm welcome to visitors. A key aspect of feeling welcomed is knowing what to expect (agenda) and to have some basic understanding of what Centering Prayer is. The purpose of this exercise is to get you started in preparing a brief (less than five-minute) introduction to Centering Prayer.

Break up into groups of two participants.

Take about five minutes for each participant write some very brief notes on how to share the Prayer by briefly answering the following questions:

1. How did you first find out about Centering Prayer?
2. Why did you decide to try it?
3. What difference has it made in your life?

Have each participant role-play, sharing their Centering Prayer experience as a way to introduce Centering Prayer to a visitor. Have the “visitor” give some feedback on what they found helpful and perhaps make some recommendations for improvement. If either participant has another way of briefly sharing what Centering Prayer is to visitors, share this too.

Be prepared to share in a large group discussion any insights from this exercise (or from past experience) that you find particularly helpful in briefly introducing Centering Prayer to visitors.
Exercise 8
Large Group Sharing

The purpose of this exercise is to encourage a large group discussion and review of all the issues presented to date. This is an excellent opportunity to allow the wisdom of the group to inform all participants. Simply ask for questions or clarifications. Consider refraining from answering the questions yourself, but rather, invite the participants to respond out of their own personal experience. If at the end of a given discussion you feel strongly that you have an insight that would be beneficial to the group, go ahead and share it. You may also use this time for each small group to share the result of their discussions during exercise 2.

If you are taking this alone, consider sharing your questions with an experienced facilitator you know.
Facilitator Formation Workshop Level 1

Exercise 9
Guide to Contemplative Outreach Resource Materials

One of the most important aspects of facilitating small group discussions is to locate resource materials for those discussions. The purpose of this exercise is to acquaint you with the Guide to Contemplative Outreach Resource Materials.

Break up into small groups of three to four participants. Select a facilitator.

Imagine you are a group that has come together as a result of an Introduction to Centering Prayer Workshop that your chapter held for your church eight weeks ago. You have finished the six sessions that follow the Introduction to Centering Prayer Workshop. The experience has been enriching and you have decided you want to continue as a Centering Prayer Group that meets every Wednesday at 6 PM for Centering Prayer and then discussion on Centering Prayer and the contemplative dimension of the Gospel. You have already agreed that you want to use a variety of topics and resources: books, DVD’s and audio CD’s. Using Handout E, the Guide to Contemplative Outreach Resource Materials, and the Appendices at the end of the Facilitator Handbook, Handout F, put together an annual plan composed of four programs of several weeks each.

Be prepared to present your plan during a large group discussion.
Exercise 10
Large Group Sharing

The purpose of this exercise is to encourage a large group discussion and review of all the issues presented to date. This is an excellent opportunity to allow the wisdom of the group to inform all participants. Simply ask for questions or clarifications. Consider refraining from answering the questions yourself, but rather, invite the participants to respond out of their own personal experience. If at the end of a given discussion you feel strongly that you have an insight that would be beneficial to the group, go ahead and share it. You may also use this time for each small group to share the result of their discussions during exercise 2.

If you are taking this alone, consider sharing your questions with an experienced facilitator you know.
Handouts
Centering Prayer Group Guidelines for Sharing

- Participate with Utmost Charity
- Listen to others from the heart
- Accept each other as we are, non-judgmental
- Seek understanding, not agreement
- Maintain confidentiality & trust
- Speak from own experience not about ideas or theology
- OK to be silent
- Centering Prayer Group facilitator has permission to remind the group when straying or monopolizing
- NOT interrupting when others speaking
- NOT speaking second time till all have chance
- NOT giving advice
- NOT criticizing
Facilitator Bag – Punch List

- Large canvas bag
- Facilitator bag punch list
- Facilitator punch list
- “Welcome! Please enter in Silence” signs
- Laminated Format Explanation
- Music, CD player or iPod, Bluetooth amplifier (fully charged)
- Gong App – i-Qi Clock and Mediation Timer or manual timer and gong
- Appropriate readings:
  - Your own favorite Scriptures
    - Psalms to Praying, Merrill
    - [http://www.faithandworship.com/Celtic_Blessings_and_Prayers.htm](http://www.faithandworship.com/Celtic_Blessings_and_Prayers.htm)
- Votive Candles (or you can use the ones in the Chapel)
- Lighter for candles
Centering Prayer Chapel – Punch List

All Saints
Wednesday Evening Centering Prayer
Facilitator Punch List

Thank you for agreeing to serve as Facilitator to our Centering Prayer Group. Your generosity is deeply appreciated.

1. Arrive by 5:30 PM. If the church is not open, call Beth Davis on her cell: (321) 689-5611 and she will get the Sexton to open it.
2. Make sure you phone is on airplane mode and silenced.
3. Adjust lighting as necessary (switches 1-4)
4. Make sure you “Bluetooth” setting is on and set up the music
5. Light the candles on the altar (use plastic sheets to protect altar) and the two large candles in the back of the Chapel
6. Hang the two Welcome signs (one on the Lyman Door and one on the door leading to the Winderweedle Center)
7. Make sure the Lyman Street door is unlocked by pushing the small button on the side below the lock.
8. Place a several of “order of service” handouts on the small table by the aisle
9. Set up your reading materials on the front seat
10. At 6:05 PM, turn off music
11. Gong twice (slow, allow for a moment of silence between gongs)
12. Read the Psalm or prayer
13. Center for 20 minutes
14. Gong once
15. After a couple of minutes of music, welcome everyone and explain that there is a Centering Prayer study group at the Winderweedle center that will adjourn by
16. 7:30 PM.
17. Turn the music back on
18. After everyone has exited, turn off altar candles (let them cool off while you pick up), and the two candles at the back of the Chapel.
19. Put “order of service” handouts back in facilitator bag
20. Put candles back on their rack.
21. Shut off music and put the amplifier back in the facilitator bag
22. Pick up Welcome signs and put back in facilitator bag
23. Exit Chapel

There is a free Centering Prayer mobile app for iPhones, iPads and Androids, all of which include a Spanish-language version. The app is primarily a timer to support your daily Centering Prayer practice but also includes sound choices and opening and closing prayers. Just type in Centering Prayer
Order of Service

Be still and know that I am God. Psalm 46:10

Welcome to our Centering Prayer Group where we come together as a community to experience God's presence in quiet peace and to support each other on this journey.

We invite you to sit quietly as we consent to God’s loving presence and action in our lives.

Our Centering Prayer time will begin in a few minutes with three gongs.

A scripture, or a prayer, will be read.

A gong will invite you to join us in Centering Prayer:

1. Choose a sacred word (for example, Abba, Jesus, or Mercy) as the symbol of your intention to consent to God’s loving 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 ever 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.

A gong will signal the end of the 20-minute Centering Prayer period.

When you are ready, please exit quietly. From October through June, those of us who like to meet for small group discussions regarding our rich Centering Prayer tradition and its potential to enrich our lives and the lives of those we love, will meet at the Windderweedle center immediately after the Centering Prayer this period. We will adjourn promptly at 7:30 PM.

Blessings!

The purpose of this Order of Service is to acquaint you with the format of our Centering Prayer time together.
Guide to the Contemplative Outreach Resource Materials

The charts in the guide are meant to assist beginning and experienced practitioners in navigating the published teachings and resources available in the Contemplative Outreach online bookstore. These are only guidelines; any materials may be ordered by any level of practitioner at any time.


Webpage on Contemplative Outreach Website:  Online Resource Guide
## Suggested One Day Workshop Agenda

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<thead>
<tr>
<th>TIME</th>
<th>TOPIC/ACTIVITY</th>
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</thead>
<tbody>
<tr>
<td>8:30</td>
<td>Arrival and Registration</td>
</tr>
<tr>
<td>9:00</td>
<td>Welcome and Announcements</td>
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<tr>
<td>9:15</td>
<td>Centering Prayer</td>
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<tr>
<td>9:45</td>
<td>Facilitator Attributes Spirituality &amp; Skills Part 1</td>
</tr>
<tr>
<td>10:10</td>
<td>Exercise 1</td>
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<tr>
<td>10:30</td>
<td>Facilitator Attributes Spirituality &amp; Skills Part 2</td>
</tr>
<tr>
<td>10:45</td>
<td>Exercise 2</td>
</tr>
<tr>
<td>11:05</td>
<td>Break</td>
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<tr>
<td>11:15</td>
<td>Facilitator Attributes Spirituality &amp; Skills Part 3</td>
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<tr>
<td>11:40</td>
<td>Exercise 3</td>
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<tr>
<td>12:10</td>
<td>Lunch</td>
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<tr>
<td>12:45</td>
<td>Facilitator Attributes Spirituality &amp; Skills Part 4 and/or Large Group Discussion</td>
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<tr>
<td>1:15</td>
<td>Centering Prayer</td>
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<tr>
<td>1:45</td>
<td>What A Beginning Facilitator Needs to Know Part 1</td>
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<tr>
<td>2:05</td>
<td>Exercise 5</td>
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<tr>
<td>2:25</td>
<td>A Beginning Facilitator Needs to Know Part 2</td>
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<td>2:50</td>
<td>Exercise 6</td>
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<tr>
<td>3:10</td>
<td>Break</td>
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<tr>
<td>3:20</td>
<td>What A Beginning Facilitator Needs to Know Part 3</td>
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<td>3:45</td>
<td>Exercise 7</td>
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<tr>
<td>4:05</td>
<td>What A Beginning Facilitator Needs to Know Part 4 and/or Large Group Discussion</td>
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<tr>
<td>4:25</td>
<td>The Facilitator Handbook Part 1</td>
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<tr>
<td>5:00</td>
<td>The Facilitator Handbook Part 2 and/or Closing Large Group Discussion</td>
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<td>5:30</td>
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