

A Lenten Interior Pilgrimage

Inspired by Teresa of Avila's *Interior Castle*

March 3, 2020
(approximately 80 minutes)

Gathering and Introduction to *Interior Castle* and Itinerary (10-12 minutes)

- *Interior Castle* - Stephanie
 - Individual pilgrimage to our interior spaces where we open to union with God
 - Explanation of the unfolding layers of the palmetto
- *Prayer Practices* - Angie
 - As a means for interior exploration
 - Prayer is our mode of travel on this interior pilgrimage

Moments for Preparation - Angie (10 minutes)

An invocation by St. Teresa – “Feeling Desperate”

- A writing practice / reflection questions to prepare ourselves for the journey
 - Write a few words about your current prayer practice
 - What are practices you observe?
 - How are the practices serving you? What are the qualities of the prayer practice?
 - Are there practices that do not feel fruitful or nourishing to you?
 - Any practices that are calling to you?
 - Other ways you might want to change your prayer practice?
 - What do you hope to learn or what self-knowledge comes from your prayer practice?

Chanting the Psalms – Angie and Stephanie (10 minutes)

- Brief introduction to psalmody
- Responsive reading of the psalms

Centering Prayer - Angie

Introduction and Instruction, Reassurance from St. Teresa – “Nada Te Turbe”
(7-8 minutes)

Centering Prayer Practice
(20 minutes)

Time for Writing and Quiet Contemplation - Angie
(5 minutes)

Returning and Group Reflection - Stephanie
(remaining time – 10-12 minutes)

- Share a word or two, a time to experience presence in each other; stay in our hearts, not in our heads.

Silence and Closing Prayer - Stephanie