



Introductory Wisdom School May 23-25, 2024

“Wisdom is not knowing more
but knowing with more of you”.
Cynthia Bourgeault

Contemplative Outreach
Eastern Ontario/
West Quebec
invites you to participate
in a Guided Silent Retreat

Facilitator : Marcella Kraybill-Greggo



Wisdom School participants will experience the rhythm and tools specific to a ‘wisdom way of knowing’, an ‘integral way of knowing’ which engages and harmonizes the three intelligence centers: heart, mind and movement.

Marcella Kraybill-Greggo offers her time as a Seminary Director of Spirituality Programming, a local Wisdom Community facilitator, a Spiritual Director and a mom. Marcella and her family live in Pennsylvania.



The retreat will be hosted at Galilee Centre
398 John Street North, Arnprior ON
Visit www.galileecentre.com or call 613-623-4242 x 21 to register
Cost/person: \$315 (single), \$265 (double), \$165 (commuter)



Wisdom School Daily Schedule

Thursday's Schedule

4:00 to 5:00 pm Check in

5:00 to 6:00 pm Supper with conversation

7:00 to 9:00 pm Orientation/Laying our Teaching Foundation

9:00 – Overnight Private Reflection and Rest in the Great Silence

Friday's Schedule

7:30 to 8:00 am Centering Prayer Meditation and Chant

8:00 to 9:00 am Silent Breakfast

9:00 to 11:00 am Morning Teaching

11:00 to 11:50 am Sacred Movement/Conscious Work

12:00 to 1:00 pm Lunch

1:00 to 2:30 pm Private Reflection

2:30 to 3:30 pm Afternoon Teaching

3:30 to 4:00 pm Centering Prayer Meditation and Chant

4:00 to 4:50 pm Gospel of Thomas Group Lectio

5:00 to 6:00pm Supper

7:30 to 8:45 pm Debriefing the Day

9:00 to Overnight Private Reflection and Rest in the Great Silence

Saturday's Schedule

7:30 to 8:00 am Centering Prayer Meditation and Chant

8:00 to 9:00 am Silent Breakfast

9:00 to 11:00 am Morning Teaching

11:00 to 12:00 pm Sacred Movement/Conscious Work

12:00 to 1:00 pm Lunch

1:30 to 3:00 pm Gathering the Graces and Closing Ritual