"A Spirituality Retreat - 2"

Camp Walter Scott - Dieterich, IL - November 13-18, 2016

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("Sunday + 3" will close after Wednesday Lunch.)
("Sunday + 5" will close after Friday Lunch.)

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Sunday

3:00 p.m. Check in Begins (Dining Hall).

- Move-in.

5:30 p.m. **Supper** (Dining Hall).

7:00 p.m. Gathering (Dining Hall).

- Welcome/Nuts & Bolts/Group Check-in ("how are you coming to this event?").
- **Review:**
- "Book & Resource Table" (hand-out).
- "Holy Listening" (hand-out).
- "Spiritual Direction" for individuals & for groups (hand-outs).
- "The Practice of Reflection" (hand-out).

7:45 p.m. BREAK

8:00 p.m. Gathering (Dining Hall).

- **Introduction: "A Spirituality of Living**."
  - ***Discipline and Discipleship (review/discuss pages 13-18)***.

9:00 p.m. Closing Devotion (Dining Hall).

(Fellowship/Free Time/"Holy Listening")

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Monday - *A walk with Henri J.M. Nouwen*

7:00 a.m. Prayer & Day 1 Briefing (Dining Hall).

7:30 a.m. **Breakfast** (Dining Hall).

9:00 a.m. Gathering (Dining Hall).

- **A Spirituality of Living.**
  - ***Solitude (review/discus pages 18-31)***.
  - Exercise/Reflection/Journaling.

11:00 a.m. BREAK

11:30 a.m. **Lunch** (Dining Hall).

1:00 p.m. Gathering (Dining Hall).

- **A Spirituality of Living.**
  - ***Community (review/discus pages 32-42)***.
  - Reflection/Journaling.

2:45 p.m. BREAK

3:00 p.m. Gathering (Dining Hall).

- **A Spirituality of Living.**
  - ***Ministry (review/discus pages 43-52)***.
  - Reflection/Journaling.

4:45 p.m. BREAK

5:30 p.m. **Supper** (Dining Hall).

7:00 p.m. Debrief Monday/Closing Devotion (Dining Hall).

(Fellowship/Free Time/"Holy Listening")

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Tuesday - Methods of Prayer

7:00 a.m. Prayer & Day 2 Briefing (Dining Hall).
7:30 a.m. **Breakfast** (Dining Hall).
9:00 a.m. Gathering (Dining Hall).

- **Examen.**
  - Learning & Practice.
  - **BREAK**
  - Reflection/Journaling.

11:30 a.m. **Lunch** (Dining Hall).
1:00 p.m. Gathering (Dining Hall).

- **Lectio Divina (praying with scripture).**
  - Learning & Practice.
  - **BREAK**
  - Reflection/Journaling.

3:00 p.m. Gathering (Dining Hall).

- **Imaginative Prayer.**
  - Learning & Practice.
  - **BREAK**
  - Reflection/Journaling.

5:30 p.m. **Supper** (Dining Hall).
7:00 p.m. Debrief Monday/Closing Devotion (Dining Hall).

(Fellowship/Free Time/"Holy Listening")

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Wednesday - Prayer Tools

7:00 a.m. Prayer & Day 3 Briefing (Dining Hall).
7:30 a.m. **Breakfast** (Dining Hall).
9:00 a.m. Gathering (Dining Hall).

- **Prayer Starter Box.**
  - *Music*
  - *Breathing*
  - *Silence*

BREAK

- *Mandalas*
- *Labyrinths*
- *Objects*

11:30 a.m. **Lunch** (Dining Hall).
12:30 p.m. SUNDAY + 3: *Closing & Sending Forth* (Dining Hall).

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12:30 p.m. (SUNDAY + 5) BREAK

1:30 p.m. Sunday + 5 Continues: Finding Your Voice In The Psalms - 1 (Dining Hall).
3:00 p.m. **BREAK**
3:30 p.m. Finding Your Voice In The Psalms - 2 (Dining Hall).
5:00 p.m. **BREAK**
5:30 p.m. **Supper** (Dining Hall).
6:30 p.m. Debrief Wednesday & Preview ***"Silent Day of Prayer"*** (Dining Hall).
7:30 p.m. Closing Devotion (Dining Hall).

(Fellowship/Free Time/"Holy Listening")

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Thursday - Silent Day of Prayer ***"In Between Doing and Being."***

7:00 a.m. Prayer & Day 5 Briefing (Dining Hall).
7:30 a.m. **Breakfast** (Dining Hall).
9:00 a.m. Gathering (Dining Hall).

- Distribute ***"Silent Day of Prayer"*** Printed Resource.
- Questions?
- Prayer to BEGIN SILENCE.
- Follow printed RETREAT PATTERN resource (choose and use the space where you will feel most comfortable).

Remember to Keep Silence!

11:30 a.m. Gather for a **Silent Lunch** (Dining Hall).

- Continue Silent Day of Prayer Printed Resource.

5:30 p.m. Gather for a **Silent Supper** (Dining Hall).
6:30 p.m. BREAK SILENCE & Debrief Thursday (Dining Hall).
8:30 p.m. Closing Devotion (Dining Hall).

-- (Fellowship/Free Time/"Holy Listening")

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Friday - "My Day"

7:00 a.m. Prayer/Review ***"Choose & Pursue ..."*** options (Dining Hall).
7:30 a.m. **Breakfast** (Dining Hall).
9:00 a.m. Begin ***"Choose & Pursue at Will"*** Options.

- ❑ Lectio Divina (Choose from the lectionary for November 20: Jeremiah 23:1-6; Luke 1:68-79; Colossians 1:11-20; Luke 23:33-43 ... or, your choice.)
- ❑ Finger Labyrinths.
- ❑ Examen (1 Day or 1 Experience this week).
- ❑ Silence.
- ❑ Reflection.
- ❑ Mandalas.
- ❑ Journaling.
- ❑ Take a Nap.
- ❑ Read a Book.
- ❑ Walk. (Enjoy the grounds.)
- ❑ Fellowship.

11:30 a.m. **Lunch** (Dining Hall).
12:30 p.m. SUNDAY + 5: *Closing & Sending Forth* (Dining Hall).

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