"A Spirituality Retreat"

Chiara Center - Springfield, Illinois

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REGISTRATION OPTIONS:

- ✓ September 25 - 28 (Sunday + 3, will close after Wednesday lunch.)
- ✓ September 25 - 30 (Sunday + 5, will close after Friday lunch.)

Sunday - September 25, 2016

3:00 p.m. Check in Begins (Bethany).

- Check-in/Move-in.

5:30 p.m. **Supper** (Bethany).

6:45 p.m. Gathering (Cana).

- Welcome/Nuts & Bolts/Check-in *(how are you coming to this event?).*
- Review "Book and Resource Table" hand-out *(browse, borrow, bring back).*
- "Holy Listening." *Time following the closing devotion* ***(begins Mon.)*** *for conversation about the day (insights/observations, questions).*
- Review hand-out information regarding Spiritual Direction for individuals and groups.
- Review "The Practice of Reflection" (hand-out).

7:45 p.m. Break.

8:00 p.m. Gathering (Cana).

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

9:00 p.m. Closing Devotion (Cana).

(Fellowship/Free Time)

Monday - A Spirituality of Living

6:00 a.m. Canticle Room Available for Private Prayer.

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

7:30 a.m. **Breakfast** (Bethany).

9:00 a.m. Gathering (Cana).

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

11:00 a.m. Break.

11:30 a.m. **Lunch** (Bethany).

1:00 p.m. Gathering (Cana).

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

2:45 p.m. Break.

3:00 p.m. Gathering (Cana).

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

4:45 p.m. Break.

5:30 p.m. **Supper** (Bethany).

7:00 p.m. Debrief Monday/Closing Devotion.

(Fellowship/Free Time/"Holy Listening")

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Tuesday - Methods of Prayer

6:00 a.m. Canticle Room Available for Private Prayer.
7:00 a.m. Prayer & Day 2 Briefing (Bethany).
7:30 a.m. **Breakfast** (Bethany).
9:00 a.m. Gathering (Cana).

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

11:30 a.m. **Lunch** (Bethany).
1:00 p.m. Gathering (Cana).

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

3:00 p.m. Gathering (Cana).

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

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

(Fellowship/Free Time/"Holy Listening")

Wednesday - Prayer Tools

6:00 a.m. Canticle Room Available for Private Prayer.
7:00 a.m. Prayer & Day 3 Briefing (Bethany).
7:30 a.m. **Breakfast** (Bethany).
9:00 a.m. Gathering (Cana).

- **Prayer Starter Box:**
  - *Music*
  - *Breathing*
  - *Silence*
  - BREAK
  - *Objects*
  - *Mandalas*
  - *Labyrinths (finger labyrinths or outside walking labyrinth)*

11:30 a.m. **Lunch** (Bethany).
12:30 p.m. SUNDAY + 3 OPTION: Closing & Sending Forth: "***The River"*** (Cana).
12:30 p.m. SUNDAY + 5 OPTION: BREAK.
1:30 p.m. **SUN. + 5 continues:** Finding Your Voice In The Psalms - 1 (Cana).
3:00 p.m. BREAK.
3:30 p.m. **SUN. + 5 continues**: Finding Your Voice In The Psalms - 2 (Cana).
5:00 p.m. BREAK.
5:30 p.m. **Supper** (Bethany).
6:30 p.m. Debrief Wed. & Review Resource for "Silent Day of Prayer" (Cana).
7:30 p.m. Closing Devotion (Cana).

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

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

6:00 a.m. Canticle Room Available for Private Prayer.
7:00 a.m. Prayer & Day 5 Briefing (Bethany).
7:30 a.m. **Breakfast** (Bethany).
8:30 a.m. Gathering (Cana).

- Distribute & Review Printed RETREAT PATTERN RESOURCE.
- **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** (Bethany).

- Continue RETREAT PATTERN RESOURCE.

5:30 p.m. Gather for a **Silent Supper** (Bethany).

6:30 p.m. BREAK SILENCE & Debrief Thursday (Cana).

7:30 p.m. Closing Devotion (Cana)/"Holy Listening."

-- FREE EVENING --

Friday - "My Day"

6:00 a.m. Canticle Room Available for Private Prayer.
7:00 a.m. Prayer/Review ***"Choose & Pursue ..."*** options (Bethany).
7:30 a.m. **Breakfast** (Bethany).
9:00 a.m. Begin ***"Choose & Pursue at Will"*** Options (Cana).

- Lectio Divina (Choose from the lectionary for October 2: Lamentations 1:1-6; Psalm 137; 2 Timothy 1:1-14; Luke 17:5-10 ... or, your choice.)
- Finger Labyrinths and/or outside Walking Labyrinth.
- Examen (1 Day or 1 Experience this week).
- Silence.
- Reflection.
- Mandalas.
- Journaling.
- Take a Nap.
- Read a Book.
- Walk. (Enjoy the grounds.)
- Fellowship (Cana).

11:30 a.m. **Lunch** (Bethany).

1:00 p.m. Closing/Sending Forth: ***"The River"*** (Canticle Room).

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