

Retreat Schedule

Friday	
6:00 – 8:00 p.m.	Arrival and Dinner
8:00 – 9:15 p.m.	Session 1 – Chapters 1 and 2
Saturday	
8:00 a.m.	Coffee Session 2 – Chapter 3
9:00 a.m.	Breakfast
10:30 – 12:00 p.m.	Session 3 – Chapter 4
	Assignment: Before the 3:00 p.m. session, find a quiet place to meditate on Chapter 5 – The Sample Meditation. Come to the next session prepared to share your insights.
12:00 – 3:00	Lunch and Break
3:00 – 4:15 p.m.	Session 4 – Share insights from Chapter 5. Read and discuss Chapter 6
4:30 – 9:00 p.m.	Dinner and free time
	Assignment: Before bedtime, find a quiet place to meditate on John 14:27 using your companion journal.
Sunday	
8:00 – 8:30 a.m.	Group meditation lead by facilitator (Romans 15:13)
9:00 a.m.	Breakfast
10:30 a.m.	Session 5 – Chapter 7