

Spiritual and Religious Contemplative Retreat Schedule

Tuesday, October 25, 2022

3:30-5:00 PM	Arrive & Settle in (<i>arrive at time best for you to be ready by 5 PM</i>)
5:00-5:45 PM	Meet & Greet with Appetizers <i>Welcome to bring soft drinks, wine, and nibbles to share</i>
5:45-6:30 PM	Dinner & Table Introductions –
6:30-6:45 PM	Break / <i>welcome to assist with clean-up of tables</i>
6:45-7:15 PM	<u>Presentation:</u> Introduction to our “Spiritual and Religious” Contemplative Christian Retreat Rev. Valerie Webster
7:15-8:30+ PM	Evening Meditation with Taizé Chant Vespers: evening/end of day with option to continue w/ Centering Prayer or Visio Divina Sit
10:00 PM – 6:00 AM	SILENCE

Wednesday, October 26, 2021

7:00-7:30 AM	OPTIONAL Lauds then Centering Prayer ‘sit’ at ALTAR
7:45-8:30 AM	Breakfast
8:30-8:45 AM	Break / <i>welcome to assist with clean-up of tables</i>
8:45-9:15 AM	Morning meditation w/ Lectio & Chant Prime: Morning / start of the Day
9:15-10 AM	<u>Presentation:</u> An Invitation to Individual and Churchwide Growth in our Changing World Context: Discerning the Essentials (Stability) & Letting Go of the Inessentials (Change) Rev. Janis Hansen and Rev. Chris Roberts
10:00-10:15 AM	Break
10:15 – 10:30 AM	Mid-Morning Meditation Terce: Mid-Morning
10:30 -11:30 AM	Processing Insights from Rohr’s <i>Breathing Under Water</i> and Miller’s <i>The Awakened Brain</i> we consider the <u>individual</u> and <u>churchwide</u> invitations to Growth in our Changing World Context. Choose: <ul style="list-style-type: none">- Conversation Circle(s) with prompts- Journaling with prompts- Walking Meditation

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11:15 AM – 12:00 N **Midday Prayer with Taizé Chant**

12:00—12:45 PM Lunch

12:45 – 1:00 PM **Break** / *welcome to assist with clean-up of tables*

Afternoon Options 1:00-5:00 PM

Silence at Canterbury House for nappers from 1:15-3:30 PM

1:15-3:30 PM **SILENCE at Camp Marshall's Canterbury House**
Nap/rest; engage Contemplative Practices on your own; exercise; or go to town.

2:30-3:15 PM **OPTIONAL** brief **Afternoon Meditation** None: afternoon
Followed by a **Centering Prayer teaching** with Rev. Valerie in dining Room.

3:30-4:45 PM **OPTIONAL** Interactive Opportunities led by Rev. Janis Hansen with Rev. Chris Roberts and Rev. Valerie Webster for

- 1) Deepening/expanding our spiritual & religious vocabularies &
- 2) Building Connection with family and friends on a different path

4:45-5:00 PM **Break**

5:00-5:45 PM **Social time** with Drinks & Appetizers
Welcome to bring soft drinks, wine, and nibbles to share

5:45-6:30 PM **Dinner**

6:30-6:45 PM **Break** / *welcome to assist with clean-up of tables*

6:45-7:30 PM Small Group Reflection Exercise (passages from Rohr & Miller)
Followed by large group sharing of insights and inquiries.

7:30–8:30+ PM **Evening Meditation with Taizé Chant** Vespers: evening/end of
day
with option to continue w/ Centering Prayer or Visio Divina Sit

10:00 PM – 6:00 AM **SILENCE**

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Thursday, May 19, 2021

7:00-7:30 AM	OPTIONAL Lauds then Centering Prayer 'sit' at ALTAR
7:45-8:30 AM	Breakfast
8:30-8:45 AM	Break / <i>welcome to assist with clean-up of tables</i>
8:45-9:45 AM	Morning meditation w/ Lectio & Chant Prime: Morning / start of the Day
9:45-10:15 AM	Pack up & neaten spaces in preparation for cleaning at 11:30 AM
10:15-11:30 AM	Holy Communion with Lectio Divina, a group reflection on the Gospel in place of a homily, & Taizé Chant
11:30-12 N	Clean-up & Departure: Rooms, bathrooms, common spaces
12 Noon	Brown Bag Lunches: eat outside on the porch or in your car on the way home!

Grounding Texts:

- ***Breathing Under Water: Spirituality & the Twelve Steps*** by Richard Rohr
(using either the 2011 edition or the 2021 Tenth Edition)

We selected Franciscan Father Richard Rohr's ***Breathing Under water*** because it challenges Christians to expand their theological understanding. Instead of spiritualizing Jesus' message and pushing its effects into the future (or misaligning it with power), the 12-Step program reveals Jesus' teachings afresh. ... Rev. Valerie Webster will be offering a diocesan ZOOM book group Thursdays from 5-6 pm in August to discuss Rohr's book.

*Book cover: We are all addicted in some way. When we learn to identify our addiction, embrace our brokenness, and surrender to God, we begin to bring healing to ourselves and our world. In **Breathing Under Water**, Richard Rohr shows how the gospel principles in the Twelve Steps can free anyone from any addiction—from an obvious dependence on alcohol or drugs to the more common but less visible addiction that we all have to sin.*

- ***The Awakened Brain: The New Science of Spirituality and our Quest for an Inspired Life*** by Lisa Miller PhD © 2021

We selected ***The Awakened Brain*** because it simultaneously expands our vocabulary for talking about spirituality, even as it deepens our understanding of how our faith journeys might empower resilience and joy. Additionally, as Christian jargon can cause misunderstanding and resistance for some of our family and friends, Miller's use of scientific terms and concepts for talking about spirituality, empowers us to expand our language for having authentic, life-giving conversation with those on a different path.

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Book Cover: Weaving her deeply personal journey of awakening with groundbreaking research, Dr. Lisa Miller's book reveals that humans are universally equipped with a capacity for spirituality, and that our brains become more resilient and robust as a result. [. . .] **The Awakened Brain** combines cutting-edge science (*from MRI studies to genetic research, epidemiology, and more*) with on-the-ground application for people of all ages and from all walks of life, illuminating the surprising science of spirituality and how to engage it in our lives.

