

# "A Spirituality Retreat"

Camp Walter Scott - Dieterich, Illinois

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## REGISTRATION OPTIONS:

- ✓ July 24 - July 27 (Sunday + 3, close after Wednesday lunch.)
- ✓ July 24 - July 29 (Sunday + 5, close after Friday lunch.)

## Sunday - July 24, 2016

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

- Check-in/Move-in.

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

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

- Welcome/Nuts & Bolts/Group Check-in (how are you coming to this event?).
- Book and Resource Table (Browse, Borrow, Bring back).
- "Holy Listening" (Each evening following closing devotion: conversation about the day, insights, observations, Q&A regarding Spiritual Direction for groups and individuals ... "etc.").
- "The Practice of Reflection" (hand-out).

7:30 p.m. Break

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

8:45 p.m. Gathering for "Sounds & Silence" closing devotion.  
(*Fellowship/Free Time/"Holy Listening"*)

## Monday - A Spirituality of Living

7:00 a.m. Gathering 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.

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

## **Tuesday - Methods of Prayer**

7:00 a.m. Gathering 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.

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

## **Wednesday - Prayer Tools**

7:00 a.m. Gathering 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

- Objects*
- Mandalas*
- Labyrinths*

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

**1:00 p.m. SUNDAY + 3 OPTION CONCLUDES:**

- Closing & Sending Forth: **A Spirituality of Living/The River** (Dining Hall).

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1:00 p.m. **SUN. + 5 OPTION CONTINUES:** Finding Your Voice In The Psalms - 1 (Loft).

2:30 p.m. **BREAK.**

2:45 p.m. **SUN. + 5 OPTION:** Finding Your Voice In The Psalms - 2 (Loft).

4:15 p.m. **BREAK.**

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

6:30 p.m. Debrief Wed. & Review Resource for Silent Day of Prayer.

7:30 p.m. Closing Devotion.

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

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

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

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

9:00 a.m. Gathering (Dining Hall) - **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 RETREAT PATTERN resource.

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

6:30 p.m. BREAK SILENCE & Debrief Thursday.

7:30 p.m. Closing Devotion (Dining Hall).

-- **FREE EVENING** --

**Friday - "My Day"**

7:00 a.m. Gathering 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 July 31: Hosea 11:1-11; Psalm 107:1-9, 43; Colossians 3:1-11; Luke 12:13-21 ... 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.)
- Boat.
- Fellowship.

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

**1:00 p.m. SUNDAY + 5 OPTION CONCLUDES:**

- Closing & Sending Forth: **A Spirituality of Living/The River** (Dining Hall).

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