

**SPIRITREST SILENT RETREAT****August 8-13, 2021****SUNDAY**

5:30 pm Dinner

6:30 pm Gathering  
Orientation  
(Lounge)8 pm Vespers  
(Chapel)

8:30 Self-Soothing

**Silence begins at the  
conclusion of vespers**

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If you are locked out of  
your room, go to the  
Retreat Center Main  
Office during office  
hours.

Once the office is closed,  
you can contact  
Sharon in bedroom 2.

**MONDAY**7:30 am Walking  
Meditation w Arvid (P)

8 am Breakfast

9:30 Body Grounding  
with Lucy (L)10–11 am Intro to  
Meditation and  
Mindfulness w Arvid (L)11:30 am  
Qi gong with Lucy (P)

Noon Lunch

12:30 pm  
Silent Prayer (Chapel)2 pm Confront Our  
Fires & Use Our Heat  
with Jacqueline (L)4:30 pm Labyrinth Walk  
with Lucy  
(Labyrinth)

5:30 pm Dinner

7 pm  
Silent Qi gong (P)7:30 pm Taizé-inspired  
Singing\* (Chapel)8 pm  
Vespers (Chapel)8:30 Self-Soothing with  
Jacqueline (Courtyard)**TUESDAY**7:30 am Walking  
Meditation w Arvid (P)

8 am Breakfast

9:30 Body Grounding  
with Sharon (L)10–11 am  
Body Wisdom with Lucy  
(L)11:30 am  
Qi gong with Lucy (P)

Noon Lunch

12:30 pm  
Silent Prayer (Chapel)2 pm Meaning Through  
Myth with Stefanie (L)4:30 pm Labyrinth Walk  
with Lucy  
(Labyrinth)

5:30 pm Dinner

7 pm  
Silent Qi gong (P)7:30 pm Communion\*  
with Sharon (Chapel)8 pm  
Vespers (Chapel)8:30 Self-Soothing with  
Jacqueline (Courtyard)

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**\* Speaking / singing by retreatants will be necessary****L = Lounge****P = Patio****C = Courtyard**

## SPIRITREST SILENT RETREAT

August 8-13, 2021

### WEDNESDAY

7:30 am Walking  
Meditation w Arvid (P)

8 am Breakfast

9:30 Body Grounding  
with Lucy (L)

10–11 am Prayer  
Practices with Arvid  
and Jacqueline (L)

11:30 am  
Qi gong with Lucy (P)

Noon Lunch

12:30 pm  
Silent Prayer (Chapel)

2 pm Confront Our  
Fires & Use Our Heat  
with Jacqueline (L)

4:30 pm  
Labyrinth Walk with  
Lucy (Labyrinth)

5:30 pm Dinner

7 pm  
Silent Qi gong (P)

7:30 pm Taizé-inspired  
Singing\* (Chapel)

8 pm  
Vespers (Chapel)

8:30 Self-Soothing with  
Jacqueline (Courtyard)

### THURSDAY

7:30 am Walking  
Meditation w Arvid (P)

8 am Breakfast

10–11 am  
Reflect, Release,  
Integrate, and Ground\*  
with Jacqueline (L)

11:30 am  
Qi gong with Lucy (P)

Noon Lunch

12:30 pm  
Silent Prayer (Chapel)

2 pm  
Re-Member Beauty  
with Stefanie (L)

4 pm Interplay with  
Lucy (L)

5:30 pm Dinner

7 pm  
Silent Qi gong (P)

8 pm  
Vespers (Chapel)

8:30 Self-Soothing with  
Jacqueline (Courtyard)

### FRIDAY

Put towels in bins  
outside Lounge

10 am Room Check Out

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7:30 am Walking  
Meditation w Arvid (P)

8 am Breakfast

9:30 am Gathering  
**End of Silence**  
(Lounge)

Noon Lunch

1 pm Retreat Ends

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\* Speaking / singing by retreatants will be necessary

L = Lounge

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