

**SPIRITREST SILENT RETREAT****August 6-11, 2023****SUNDAY****5:30 pm Dinner**6:30 pm Gathering  
Orientation  
(L)8 pm Vespers  
(Chapel)9 pm Self-Soothing with  
Sharon (L)**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)**8:30 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)12 Noon  
Silent Prayer (Chapel)**12:30 pm Lunch**2 pm Finding the  
Self in Silence with  
Sharon (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\* (Labyrinth)8 pm  
Vespers (Chapel)9 pm Self-Soothing with  
Sharon (L)**TUESDAY**7:30 am Walking  
Meditation w Arvid (P)

8:30 am Breakfast

9:30 Body Grounding  
with Lucy (L)10–11 am  
The Tree of Life as Map  
with Stefanie (L)11:30 am  
Qi gong with Lucy (P)12 Noon  
Silent Prayer (Chapel)**12:30 pm Lunch**2 pm Guided Art:  
Mapping with Stefanie  
(L)4:30 pm Embodied  
Practice with Lucy  
(Labyrinth)**5:30 pm Dinner**7 pm  
Silent Qi gong (P)7:30 pm Communion\*  
with Sharon (Chapel)8 pm  
Vespers (Chapel)9 pm Self-Soothing with  
Sharon (L)

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**\* Speaking / singing by retreatants will be invited****L = Lounge****P = Patio**

## SPIRITREST SILENT RETREAT

August 6-11, 2023

### WEDNESDAY

7:30 am Walking  
Meditation w Arvid (P)

#### ***8:30 am Breakfast***

9 am Covid test (L)

9:30 Toning with  
Stefanie (L)

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

11:30 am  
Qi gong with Lucy (P)

12 Noon  
Silent Prayer (Chapel)

#### ***12:30 pm Lunch***

2 pm Guided Art: Rattle  
Making with Stefanie (L)

4:30 pm  
Rhythm and Release  
with Lucy (Labyrinth)

#### ***5:30 pm Dinner***

7 pm  
Silent Qi gong (P)

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

8 pm  
Vespers (Chapel)

9 pm Self-Soothing with  
Sharon (L)

### THURSDAY

7:30 am Walking  
Meditation w Arvid (P)

#### ***8:30 am Breakfast***

9:30 Body Grounding  
with Lucy (L)

10–11 am  
Interplay with Lucy (L)

11:30 am  
Qi gong with Lucy (P)

12 Noon  
Silent Prayer (Chapel)

#### ***12:30 pm Lunch***

4:30 pm  
Labyrinth Walk with  
Lucy (Labyrinth)

#### ***5:30 pm Dinner***

7 pm  
Silent Qi gong (P)

8 pm  
Vespers (Chapel)

9 pm Self-Soothing with  
Sharon (L)

### FRIDAY

Put towels in bins  
outside Lounge

10 am Room Check Out

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7:30 am Walking  
Meditation w Arvid (P)

#### ***8:30 am Breakfast***

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

#### ***12:30 pm Lunch***

1 pm Retreat Ends

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\* Speaking / singing by retreatants will be invited

L = Lounge

P = Patio