

SPIRITREST SILENT RETREAT**August 4-9, 2024****SUNDAY**

4:30 pm
Orientation 1 (L)

5:30 pm Dinner

6:30 pm
Orientation 2 (L)

8 pm Vespers* with
Sharon (Chapel)

**Silence begins at the
conclusion of
orientation**

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.

Type of activity:

- (sp) Practice
- (t) Teaching

Location:

- Lounge (L)
- Patio (P)
- Chapel (Ch)

MONDAY

7:30 am (sp) Walking
Meditation w Arvid (P)

8:30 am Breakfast

9:30 (sp) Breath
Practices w Sharon (L)

10–11 am (t/sp) Intro to
Meditation and
Mindfulness w Arvid (L)

11:30 am (t/sp)
Qi gong with Lucy (P)

12:30 pm Lunch

1:30 pm (t/sp) Prayer
Practices with Arvid
and Sharon (L)

4:30 pm (t/sp)
Labyrinth Walk with
Lucy (Labyrinth)

5:30 pm Dinner

7 pm (sp)
Silent Qi gong (P)

8 pm (sp) Vespers* with
Batya (Ch)

After vespers: (sp)
SoulCollage with Lucy
(L)

TUESDAY

7:30 am (sp) Walking
Meditation w Arvid (P)

8:30 am Breakfast

9:30 (sp) Chanting w
Batya (L)

10–10:40 am (sp)
Communal Silent Prayer
and Meditation (L)

11:30 am (t/sp)
Qi gong with Lucy (P)

12:30 pm Lunch

1:30 pm (t) Finding the
Self in Silence with
Sharon (L)

4:30 pm (sp) Group
spiritual direction* with
Batya (L)

5:30 pm Dinner

7 pm (sp)
Silent Qi gong (P)

7:30 pm (sp) Taizé-
inspired Singing* w
Lucy (Chapel)

8 pm (sp) Vespers* with
Lucy (Ch)

* Speaking / singing by retreatants will be invited

SPIRITREST SILENT RETREAT

August 4-9, 2024

WEDNESDAY

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

8:30 am Breakfast

9 am Covid test (L)

9:30 (*sp*) Toning w
Batya (P)

10–11 am (*t*) The Tree of
Life as Map w Batya (L)

11:30 am (*t/sp*)
Qi gong with Lucy (P)

12:30 pm Lunch

1:30–2:10 pm (*sp*)
Communal Silent Prayer
and Meditation (L)

4:30 pm (*sp*)
Group Labyrinth Walk
(Labyrinth)

5:30 pm Dinner

7 pm (*sp*)
Silent Qi gong (P)

8 pm (*sp*) Vespers* with
Arvid (Ch)

After vespers: (*sp*)
Crystal Bowls with
Batya (Ch)

THURSDAY

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

8:30 am Breakfast

9:30 (*sp*) Grounding w
Lucy (P)

10–10:40 am (*sp*)
Communal Silent Prayer
and Meditation (L)

11:30 am (*t/sp*)
Qi gong with Lucy (P)

12:30 pm Lunch

1:30 pm (*t*) Working
with *My Grandmother's
Hands* at Home with
Sharon (L)

4:30 pm (*sp*)
Interplay with Lucy (L)

5:30 pm Dinner

7 pm (*sp*)
Silent Qi gong (P)

7:30 pm (*sp*) Taizé-
inspired Singing* w
Batya (Labyrinth)

8 pm (*sp*) Vespers* with
Sharon (Ch)

FRIDAY

Put towels in bins outside
Lounge

Because we gather at 9:30
am, please pack your
things and check out
before 9:30 am. (Regular
check out time is 10 am.)

You can store your
luggage in the Lounge
until 1 pm. If needed, you
can store it in the office
after that.

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

8:30 am Breakfast

9:30 am Gathering (L)
End of Silence

12:30 pm Lunch

1 pm Retreat Ends

Type of activity:

- (*sp*) Spiritual Practice
- (*t*) Teaching

Location:

- Lounge (L)
- Patio (P)
- Chapel (Ch)

* Speaking / singing by retreatants will be invited