**Contemplative Retreat**

**A Day of Silence and Renewal**

**9:00 AM to 4:00 PM**

**Schedule**

9:00 - 9:30 Welcome and introductions

9:30 - 9:55 Centering Prayer

9:55 - 11:05 Silent activity space for individual self-care and/or creativity

11:05-11:30 Centering Prayer\*

11:30-12:30 Contemplative Lunch

12:30 - 1:00 Guided Welcoming Prayer followed by Centering Prayer\*

1:00 - 2:55 Silent activity; individual self-care and/or creativity

2:55 - 3:20 Centering Prayer\*

3:20 - 4:00 Closing Reflection and sharing

\* A chime will sound five minutes before Centering or Welcoming prayer begins.

**Guidelines for the Retreat**

* Our expectation is that you will commit to this day from 9:00 to 4:00 as a day of prayer, reflection and gentle care for yourself. We ask that you be punctual to shared group times of prayer or reflection.
* Please ensure that your phone and other electronics are silent. Embrace this day as a time of silence away from all electronic intrusions.
* None of us can anticipate everything that may come up in a day at home, but so far as possible ensure ahead of time that family and friends know that this is time you wish to be uninterrupted.
* You are encouraged to have a lunch planned and prepared or ready to prepare at lunch time. When planning lunch consider what food would be enjoyable and nourishing on this day of mindfully caring for yourself.

**Getting the most from your time**

* Take time in advance to reflect on your current self care needs and prepare your activities accordingly. Consider your entire being; body, mind and spirit.
* If possible the night before create a contemplative space by setting out what you may need or want for self care or creative activities.
* Below is an idea list for your self-care and creative space. Keep in mind this is your space, there are limitless options for you to explore. The key is to reflect ahead of time and plan the activities that you are drawn to.
* Body:
  + Think of how you might like to move your body; a walk, yoga, Tai Chi, play with a pet, dance, etc.
  + Whatever you may need to feel comfortable during your activities or prayer; blanket, place for resting, comfortable shoes, etc.
  + How will you want to care for your body? Bath salts, manicure supplies, lotions, special foods, etc.
  + Consider your 5 senses in your plan
    - Smell: candles, essential oils or incense, outdoors
    - Sight: a picture, icon, window or deck with a pleasing view
    - Hear: relaxing music, nature sounds, birds singing
    - Touch: lie in the grass, soak your feet, touch your face or give yourself a hug, be aware of texture within your environment and your activity supplies; yarn or fabric, art supplies, food, etc.
    - Taste: plan lunch and snacks that are pleasing to you
* Quiet the Mind:
  + How much structure do you want during your day?
  + What best works for you to quiet thoughts and fears?
    - Journal, write poetry, write a letter to God
    - Observe nature
    - Work on a beautiful puzzle
    - Knit
    - Photography
    - Art; watercolor, rock mandala painting, drawing, pottery
* Engaging Spirit
  + Many of the activities suggested for mind and body also engage the spirit, listen for the movement within while engaging in activities today
  + Create your own guided meditation or do a body scan
    - Body scan example: <https://ggia.berkeley.edu/practice/body_scan_meditation>
  + Read scripture or another book you are drawn to and reflect on your reading
  + Take a meditative walk in nature
  + Create a mandala\*, color\*, knit, or any meditative art form
  + Dream

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