Reflect, Renew, and Recommit

**Monday,**

4:00 – 4:45 p.m. Gathering Worship

4:45 - 5:30 p.m. Welcome

6:00 p.m. Dinner

6:45–7: 30 p.m. My First Good Experience

7:20 - 7:50 p.m. My Values

8:00 – 8: 30 p.m. Compline

Fellowship

**Tuesday,**

8:30 a.m. Breakfast

9:00 – 9:15 a.m. Morning Prayer

9:15-11:30 a.m. Dependable Strengths

11:30 - Noon Walk and Talk

Noon Lunch

1:00-4:00 p.m. Spiritual Autobiography

4:00 – 6:00 p.m. Sabbath

6:00 p.m. Dinner

7:00 p.m. Lament and Evening Prayer

Fellowship

**Wednesday,**

8:30 a.m. Breakfast

9:00 – 9:15 a.m. Devotions

9:15 – 11:00 a.m. Myers Briggs Tool

11:00 – Noon World Café

Noon Lunch

12:30 – 2:00 p.m. Discernment with Small group

2:00 – 3:00 p.m. Eucharist

3:00- 3:15 p.m. Break

3:15 – 3:45 p.m. Journaling

3:45 – 4:00 p.m. Triad Group

4:00 – 4:30 p.m. Walk and talk

4:30 – 5:30 p.m. Spouse session *(Note: The only session where spouses will be in a separate session.)*

6:00 p.m. Dinner

**Thursday,**

8:30 a.m. Breakfast

9:00 – 9:15 a.m. Morning Prayer

9:15 – 10:45 Interest Inventory

11:00-Noon Passions

Noon–1:00 p.m. Lunch

1:00 – 4:00 p.m. Small Group processing

4:00 p.m. Feedback

4:15 – 4:30 p.m. Evening Prayer

4: 30 – 5:30 p.m. Walk and Talk with Travel Companion/Spiritual Friend)

6 p.m. Dinner

**Friday,**

Sabbath

10:00 a.m. Brunch

11:00 – 11:45 a.m. Morning Prayer

12:00 – 2:30 p.m. Brainstorming with Small Group

3:00 – 4:15 p.m. Network Exercise

5:00 – 6:00 p.m. My Next Steps

6:00- 7 p.m. Dinner

**Saturday,**

8:30 a.m. Breakfast

9:00 – 11:00 Next Steps (continued)

11:15 -11:30 a.m. Blessing and Sending

Box Lunch and depart for airport