

## Retreat Schedule

### Friday, April 20

- 3pm–5pm Registration, room check in
- 5:00pm Welcoming reception, introductions
- 6:00pm Dinner
- 6:45pm Opening session: preparing for the journey
- 7:45pm Listening circles
- 8:30pm Fellowship time
- 9:15pm Evening prayer

### Saturday, April 20

- 7:00am Yoga stretch and body prayer (optional)
- 7:30am Simple presence meditation (optional)
- 8:00am Breakfast
- 8:45am Morning prayer
- 9:30am Mindful living: the inner life
- 11:00am Listening circles
- 12:00pm Lunch
- 1:00pm Mindful living: one with nature
- 2:00pm Personal exploration of spiritual practices
- 4:45pm Listening circles
- 6:00pm Dinner
- 7:00pm Mindful living in community
- 8:30pm Evening prayer, move into silence overnight

### Sunday, April 22

- 7:00am Yoga stretch and body prayer (optional)
- 7:30am Simple presence meditation (optional)
- 8:00am Breakfast
- 8:45am morning prayer
- 9:30am Mindful living: compassionate action in the world
- 12:00pm Lunch and depart

### Retreat Leadership Team

**Terri Burleson** is a health professional and is active in adult ministry, Micah group, morning book study and the contemplative ministry leadership team at Westminster.

**Frannie Motley**, retired educator, is a Westminster member active in outreach, prayer and contemplative ministries. She has trained with the Shalem Institute in group spiritual direction.

**Jane Sharp**, retired human resources director, is active in Westminster's contemplative and prayer shawl ministries, She is a graduate of Shalem Institute's program, *Leading Contemplative Prayer Groups and Retreats*.

**Butch Sherrill**, pastor at Westminster, is part of the Contemplative ministry team, leads numerous classes and retreats, and trained with Shalem institute in group spiritual direction.

**Scott Young, Chair**, Department of Counseling and Educational Development, UNCG, is a member of Westminster's contemplative ministries team and is a student in the Living School at the Center for Action and Contemplation.