

Final Schedule				
Friday August 14				
<i>Free times/meals</i>			<i>No online sessions</i>	
Time Zone			Session	
PDT	MDT	CDT	EDT	
2:30pm	3:30pm	4:30pm	5:30pm	Welcome (Joelle M) <i>15 minutes</i>
2:45pm	3:45pm	4:45pm	5:45pm	Refresher to Centering Prayer and Practice (Lindsay Boyer) <i>90 minutes</i>
4:15pm	5:15pm	6:15pm	7:15pm	Dinner Break <i>60 minutes</i>
5:15pm	6:15pm	7:15pm	8:15pm	Community Building Panel – (Jenny A Moderator, Jim M, Therese W, Adam G, Dave D) <i>60 minutes</i>
Saturday August 15 Schedule				
6am	7am	8am	9am	Centering Prayer with Group (Therese W) Reading and <i>30 min sit</i>
6:30am	7:30am	8:30am	9:30am	breakfast at home (mindful eating) <i>60 minutes</i>
7:30am	8:30am	9:30am	10:30am	Welcome and Overview of Day (Joelle M) <i>15 minutes</i>
7:45am	7:45am	9:45am	10:45am	Fr. Bill Sheehan “Fidelity to the Practice of Centering Prayer” <i>75 minutes</i>
9am	10am	11am	12pm	Break Retreat integration, outdoor in nature, journaling, rest, light exercise <i>2 & 1/2-hour break</i>
11:30am	12:30pm	1:30pm	2:30pm	Q&A from Refresher to Centering Prayer Session (Lindsay Boyer) <i>30 minutes</i>
12pm	1pm	2pm	3pm	Centering Prayer with Group (Jenny A) Reading and <i>30 min sit</i>
12:30pm	1:30pm	2:30pm	3:30pm	“Human Condition and Welcoming Prayer Practice” (Mary Dwyer) <i>90 minutes</i>

2pm	3pm	4pm	5pm	Break <i>10minutes</i>
2:10pm	3:10pm	4:10pm	5:10pm	Welcoming Prayer Practice (Jim M) <i>20 minutes</i>
2:30pm	3:30pm	4:30pm	5:30pm	Free time e.g. outdoor with nature, dinner prep, dinner at home <i>2½ hour break</i>
5pm	6pm	7pm	8pm	Open 12-Step Speakers Meeting (Mary L& Rich B; chair Patty W) <i>60 minutes</i>
Sunday August 16 Schedule				
6am	7am	8am	9am	Centering Prayer with Group (Jo Ann S.) Reading and <i>30-minute sit</i>
6:45am	7:45am	8:45am	9:45am	breakfast at home (mindful eating) <i>60 minutes</i>
7:45am	8:45am	9:45am	10:45am	Welcoming Prayer Practice (Dave D) <i>15 minutes</i>
8am	9am	10am	11am	Fr Bill Sheehan and Mary Dwyer Questions <i>45 minutes</i>
8:45am	9:45am	10:45am	11:45am	Q&A Community Building Panel (Jenny A, Jim M, Therese W, Adam G, Dave D) <i>30 minutes</i>
9:15am	10:15am	11:15am	12:15pm	Brief Closing Remarks (Jim M) <i>15 minutes</i>