

**Fowler Retreat Schedule – October 2-5, 2018**  
***Encouraging the nurture of a listening heart***

**Tuesday**

- 4:00 – 4:30      Arrival and settling in (rooms in the Chi Rho House are not assigned...we all have our own room with private bathroom...choose one and get settled)
- 4:30 – 5:30      Welcome/introductions: We will meet in Chi Rho by the fireplace
- 5:30              Dinner
- 7:00 – 8:30      Evening Worship  
Meeting with Spiritual Directors

**\*\*\*Entering the Silence\*\*\***

*“When we make room for silence, we make room for ourselves. Silence invites the unknown, the untamed, the wild, the shy, the unfathomable—that which rarely has a chance to surface within us.” --Gunilla Norris, Sharing Silence*

**Wednesday**

(One-on-one spiritual direction will be offered throughout the day)

- 8:00              Breakfast in Silence (with music)
- 9:00 – 10:00      Morning prayers
- 12:00              Lunch in Silence (with music)
- 4:00              Optional contemplative writing activity
- 5:30              Dinner in Silence (with music)
- 7:00              Evening Prayers

## **Thursday**

(One-on-One Spiritual Direction will be offered throughout the day)

8:00 Breakfast in Silence

9:00 – 10:00 Morning prayers

Noon Lunch in silence

5:30 pm Dinner

7:00 pm Evening prayers

## **FRIDAY**

8:00 Breakfast in silence

9:30 – 10:30 Small groups meet for final spiritual direction reflections

11:00 am Closing Worship with Communion

(Please pack up and be out of rooms before worship)

12:00 Lunch and departure