

# Quiet Communion

Pallotti College

<https://goo.gl/maps/3PsmCLQtMebVX3LP8>

Autumn Retreat 2022 May 13-15

## TIMETABLE

(Preliminary and subject to change)

Theme: *"How beautiful are the feet of those who bring good news"*

### Friday:

- Arrive any time after 3pm to register and find your room, settle in etc
- 5pm gather in the sitting room for housekeeping and orientation for the retreat
- 5:30 a silent meditation
- 6pm Dinner
- 7pm First Gathering Session:
  - Introductions and discussion 'Our hopes for this retreat?'
- 8pm Service of Light and Night prayer. (including prayers for each person in Quiet Communion.)
- Entry into silence
  - Hand out 'Levels of Silence'

## Saturday morning: (Silence all day)

- 8:30am Morning Prayer and Meditation
- 9am Breakfast
- Own time silence
- 10am Morning Session '*The Way of Breath, Step and Love*' Michelle
- Morning tea in own time
- Own time silence
- 1pm Lunch
- 2pm Afternoon session: "*A Walking Meditation*" Dr. Jennifer Jones
- Own time silence
- Afternoon tea in your own time
- 5:30pm Silent meditation
- 6pm Dinner
- 7pm Evening Session: '*The Body in Which We Dwell*' (a guided meditation) Paul
- 8pm Service of Light and Night prayer. (Including prayers for each person in Quiet Communion.)

## Sunday Morning

- 8:30am Morning Prayer and Meditation
- 9am Breakfast
- Own time silence
- 10am Breaking Silence - making connections and sharing thoughts.
- 11:30 am Eucharist - and blessing of feet
- 12:30 pm Lunch
- Departing

**Note:** Michelle or Paul are available for individual spiritual conversations during the retreat time. Please call or text and arrange a meeting.

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