

The Gift of Story: Writing a Spiritual Autobiography

July 29th-August 1st, 2018 at Shadowcliff Mountain Lodge

Sunday, July 29:

3 pm. Check-in begins. Check in, explore the retreat center, take a short hike, etc.

5 pm. Introductions. Getting to know one another and learn a bit about the special place in which we find ourselves

6-7:30 pm. Dinner and clean-up

7:30-9 pm. Session 1: What is spirituality? A discussion of how we personally experience what is sacred and where we find meaning.

10 pm: Quiet Hours

Monday, July 30:

7-8 am. Optional Group Contemplation/Meditation time. Experience the grounding and peace of being in silence together. Could be walking together or sitting. Laurie will have suggestions for meditation practices.

8-9 am. Breakfast and clean-up. A continental-style meal of fruit, breads (including gluten free options) and other offerings

9 am-12 pm. Session 2: Methods for teasing out your story. Material will be shared with time included for discussion and breaks.

12-1 pm. Lunch and clean-up.

1-4 pm. Pontoon float on Grand Lake. We'll explore Grand Lake, the largest natural Lake in Colorado, and its surroundings. What does water teach us about our own connections, past, present and yet to come? Optionally feel free to explore on your own, write or simply relax.

4-5:30 pm. Session 3: Differences in how a story is heard. Locate your life in the larger history of your country and the world. Reflect on differences in experience and therefore in how a story is constructed and heard.

5:30-6 pm. Hospitality in Rempel Lounge.

6-7:30 pm. Dinner and clean-up.

7:30-9 pm. Session 4: Sharing our writing. An opportunity to share and discuss a two-minute writing assignment.

10 pm: Quiet Hours

The Gift of Story: Writing a Spiritual Autobiography

July 29th-August 1st, 2018 at Shadowcliff Mountain Lodge

Tuesday, July 31

7-8 am, Optional: Group Contemplation/Meditation Time.

8-9 am, Hot breakfast and clean-up.

9 am-12 pm, Session 5: Enhancing our Writing skills for Spiritual Autobiographies. Material will be shared with time for breaks and discussion.

12-1 pm, Lunch.

1-4 pm, An optional group hike with Shadowcliff staff. Or write or relax.

5:30-6 pm, Hospitality in Rempel Lounge

6-7:30 pm, Dinner

7:30-9 pm, Session 7: Sharing our stories. During this time you will have the opportunity to share and discuss an excerpt of your spiritual autobiography

10 pm: Quiet Hours

Wednesday, August 1

7-8 am, Optional Group Contemplation/Meditation Time.

9-9:30 am, Check out of rooms.

9:30-11 am, Session 8: Completion of sharing our stories and closure.