



Friday

Arrive and check in at St. Mary's Hall

6:00 **Dinner**

7:00 **Welcome and Arriving**

Introduce Community Prayer & Silence

Leave in silence

**Optional Session 1*

Saturday

7:45 Community Silence & Prayer

8:00 **Breakfast** in Silence

Noon **Lunch** in Silence

5:00 **Optional Session 2*

6:00 **Dinner**

7:00 Night prayers with Community Prayer & Silence

Leave in silence

**Optional Session 3 (more info to come)*

Sunday

7:45 Community Silence & Prayer

8:00 **Breakfast** in silence

8:45 Next Steps

9:00 Closing Worship

Final walk through - turn your key in

11:00 Leave for home

***Optionals:**

Sessions - Time to learn, reflect, and discuss

Activities - Creative Silence through Art, Individual and/or Group Spiritual Direction, sit outside, walk the Labyrinth (*like our Spiral*), walk the quarter-mile trail, more info coming.

St. Mary's Sewanee

The Ayres Center for Spiritual Development

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