Learning to Walk Again:

Programme at a Glance

Friday 5 February:

15.00 Guests Check-in
17.00 Evening Service followed by Eucharist in the Chapel
19.00 Evening Meal
20.00 *Evening Gathering: Welcome & Introductions*

Learning to Walk Again: An Introduction to Spiritual Formation.

9.30pm Bar open

Saturday 6 February:

07.45 Quiet Contemplative Prayer, followed by Morning Prayer in the Chapel
08.30 Breakfast
09.30 *Creating a Rule of Life - An Introduction*
10.30 Morning Coffee
11.00 *Practicing Silence - An Introduction*
12.45 Lunch (in silence)
13.15 *Silence Experience*
15.30 Coffee & Cake
16.00 *Coming Out of Silence / Small Groups*
17.00 *Optional Session: An Introduction to lyfe*

17.00 Quiet Contemplative Prayer, followed by Holy Eucharist led by a member of the Launde Abbey community.
19.00 Dinner
20.00 *Contemplative Prayer – An Introduction*
21.30 Bar Open

Sunday 7 February:

07.45 Blessing of Water / Renewal of Baptismal Vows, followed by Holy Eucharist in the Chapel
08.30  Breakfast
10.00  *Practising Lectio Divina – An Introduction*
11.00  Morning Coffee / Refreshments
11.30  *Lectio Exercise*
12.45  Lunch
13.30  *Concluding Session & Prayer*
14.00  Retreat Ends

*Please note that this schedule is a draft and is subject to alteration*