



**DRAFT**

## Soul Care Retreat 2022 Schedule

### **Thursday, May 19, 2022**

4:00 P.M.	Check In
5:00 P.M.	Gathering and Opening Worship
6:00 - 6:15 P.M.	Evening prayer with the Richmond Hill Community
6:30 - 7:30 P.M.	Dinner
7:30 P.M.	Name the Need: Sharing our Need for Spiritual Renewal- Small Groups with Spiritual Directors
9:30 P.M.	Snack

### **Friday, May 20, 2022**

7:00 - 7:15 A.M.	Morning prayer with Richmond Hill Community
7:30 - 8:00 A.M.	Breakfast
8:00 A.M.	Yoga with Mitchell Bond Walk/Run, Labyrinth Centering Prayer WITH Rev. Tom Frost
9:30 - 11:00 A.M.	Keynote 1 or Workshops
12:00 - 12:15 P.M.	Noonday prayer with Richmond Hill Community
12:30 - 1:00 P.M.	Lunch

**Friday, May 20, 2022 (continued)**

1:30 - 4:00 P.M.	Embodied Practices (2 sessions) Spiritual Direction Options (45 minutes)-4 Spiritual Directors <ul style="list-style-type: none"><li>• Centering Prayer with Audrey Smith</li><li>• Yoga with Mitchell Bond</li><li>• Art with Rev. Sarah Payne</li><li>• Music with Rev. Drew Wilson</li><li>• Walking the Labyrinth</li></ul>
5:30 P.M.	Soul Care Worship, Margaret Benefiel
6:30 - 7:30 P.M.	Dinner
9:30 P.M.	Snack
11:00 P.M.	Quiet time

**Saturday May 21, 2022**

7:00 - 7:15 A.M.	Morning prayer with Richmond Hill Community
7:30 - 8:00 A.M.	Breakfast
8:00 A.M.	Yoga, Walk/Run, Labyrinth
9:30 - 11:00 A.M.	Keynote 2 or Workshops
11:30 A.M. - 12:30 P.M.	Closing Worship and Communion
12:30 - 1:00 P.M.	Lunch
Check Out after Lunch	