

Dear Alki UCC,

We are looking forward to being on retreat with you on September 20-22 at Pilgrim Firs! Our theme is **Daily Bread: Discovering What Gives Us Life**. Our theme is based on the meditation practice called the Examen, a daily examination of the moments for which we are most grateful and least grateful. The book *Sleeping with Bread* recalls that children left orphaned by World War II were given bread to hold in order to sleep at night in refugee camps. The bread gave them reassurance that they ate that day, and they would eat again the following day. Discovering our daily bread, those things that fill our lives with gratitude, vitality and purpose, can help us gain self-awareness and discernment. We'll engage with our theme through meditation, movement, art, labyrinth walking, and small group conversation. You will be encouraged to use the retreat time for what you need and will be free to opt out of any of the group time.

Schedule

Friday

3:00-6:30 pm Arrive and get settled in South Lodge. Explore the grounds or rest.

6:30 pm Dinner Madson Lodge (must arrive by 6:45 to eat)

7:30 – 8:30 pm Gathering in South Lodge for opening program: Part 1 (Intro, Examen meditation, sharing).

8:30 pm Board games, hang out, camp songs

Saturday

8:00 am Breakfast Madson Lodge

9:00-11:00 am Gathering in South Lodge: Part 2 (morning Examen, body awareness, stillness and movement, journal and share).

11:00 am Choice time: collage (craft room) or facilitated labyrinth walk

12:00 pm Lunch Madson Lodge

1:00 pm Free time (bread baking is an option!)

4:15 pm Spiritual practice TBD

5:30 pm Dinner Madson Lodge

6:30 pm Gathering in South Lodge: Part 3 (Check-in, evening Examen meditation, Psalm writing)

8:00 pm Board games, hang out, camp songs, talent/no talent show

Sunday

8:00 am Breakfast Madson Lodge

9:00-10:00 am Closing worship with Examen meditation, Psalms written by participants, co-created communion; either outdoors, weather permitting or South Lodge

11:00 am Departure

The address is:

3318 Lake Flora Rd

Port Orchard, WA 98367

We will be staying in South Lodge. Beds with comfortable mattresses, linens, towels and Wifi are provided. You may walk or drive your car from your Huckleberry House to Madson Lodge where we will eat meals.

You can read more about the facilities here: <http://pilgrim-firs.org/facilities>

Items to pack:

- You will want to have shoes and gear appropriate for walking in the woods and possibly rain--there is some uneven ground.
- Comfortable, cozy clothes.
- Flashlight
- Ear plugs

Optional:

- Clothing appropriate for canoeing/paddle boarding
- Board games/puzzles
- Musical instrument
- Hobby materials such as knitting
- Snack to share

Questions? Ask your Retreat Planning Team: Pastor Emily, Julia Peeler, Vicky Smith and Ann Polansky