

KNIT MY HEART TO YOU, September 30 - October 2, 2022

Friday 3:30 Meet and greet, move into rooms

5:00 Orientation

6:00 Dinner

7:30 **Taizé Prayer**

Begin Deep Silence

Saturday *Deep Silence all day (between group sessions)*

8:00 Breakfast

9:00 **From the rising of the sun**

10:15 Break

10:45 **As a deer longs for the water-brooks**

12:15 Lunch

Unstructured personal time (reading, lectio, walking, rest)

2:30 **God is our refuge and strength**

3:45 Break

4:00 **One thing I seek**

5:30 Break

6:00 Dinner (*candlelight with music*)

7:30 **In the night watches**

Continue Deep Silence

Sunday *End Deep Silence, maintain quietude*

8:00 Breakfast and Vacate Rooms

9:00 **Retreatants & Iona Choir Practice**

10:00 **Celtic Liturgy, the Feast of St. Francis**

11:45 Coffee Hour (*end quietude*)

12:30 **Blessing of the Animals (Retreatants & Iona Choir)**

Wrap up, goodbyes, feedback