

## **ABR Retreat 2019 (Air; Breath, Revitalize)**

### **Itinerary : Spiritual Retreat 2019**

#### **FRIDAY 2019-09-27**

##### **4pm** :Arrival

Allocation of rooms and 10 minute private welcome per guest.

Arrival pack will include:

(1) Flag of individual colour as received through prayer for specific guest. Flag will be carried over course of weekend.

(2) Scribble book to be used during quiet times and prayer and content will be discussed as needed during quiet times and at end of weekend.

(3) Headphones: to be used during meditation; walks and Quiet times : 3 settings Blue; Green; Red

##### **6Pm** :Opening with Prayer and Dinner

The Church has designated particular prayers for important events in our lives such as birth, sickness, engagement, marriage and death, as well as for various other occasions, such the opening of a home, the beginning of a business, or the start of a professional career.

##### **7pm** :Quiet time

The Church has also designated prayers for prescribed hours of the day.

## SATURDAY 2019-09-28

**6am** :rusk, coffee/tea and walk to the gap for meditation

8am :Breakfast

St. John Chrysostom, commenting on prayer before and after meals, notes that among the reason for these prayers are the following: that we also remember the nourishment of the soul; that we avoid intoxication and over-indulgence; that we develop the discernment of moderation; and that we express our gratitude to God for his gifts.

9am :quiet time

10am :circle of prayer involving spiral walk and importance of breath and breathing

At prescribed times the Church gathers in common prayer and worship. The prayers of many faithful who have gathered are more readily received and heard by God and He is particularly attentive to such petitions. To help us receive the full benefit of ecclesiastical gatherings let us pay close attention to these words of St. Symeon the New Theologian:

*"Stand in church as if you are in heaven together with the angels, and consider yourself unworthy to be praying together with your brothers. And be vigilant not to be looking back and forth to observe the brothers and sisters, how they are standing or chanting, but observe only yourself, your chanting and your sins."*

11am : Freshly made organic fruit and vegetable juices made by our organic plant and juice presenter/workshop host.

1pm :lunch

2pm :quiet time

3pm :guided walk through Kasouga Cathedral, river to beach and back

5pm :importance of prayer life in spiritual life and is there a correct and an incorrect way of praying?

6pm :dinner

7pm :quiet time

**SUNDAY 2019-09-29**

6am :meditation

8am :breakfast

9am :quiet time

10am :30minute consultations each guest

**Guests leave as they finish up their consultations.**