

1000: Coming home

Please have your **candle** and **object** to hand

Resources

Zoom etiquette

What you say is confidential
except serious harm to yourself or another

Recording

Introductions

Timing

1030 Coming home to self and place

1200 Coming home to this body

1330 Martha and Mary's home

1500 Review, revisit, relish

1630 Gather and ending

Suggestions for retreat

"Whenever you pray, go into your room and shut the door and pray to your Father who is in secret." (Matthew 6:6)

This is not a self-improvement programme

"What God is waiting for is not a right conclusion about a matter but for our suppleness in falling into his hands for him to work in us."

Benedicta Ward

This day is for you to spend as you wish

Stay with what nourishes you

Suggestions for retreat

God I already know

Health warning

Opening prayer

Lear and Eurydice | Rowan Williams

... when we take up occupation of the site of our bodies in stillness before God. We are granted a place to be, simply in virtue of being there as material beings made by God: the physical act of drawing breath becomes an affirmation of my receiving of the gift of my place, an acknowledgement that I am 'wanted' by God in my fragility, my time-bound being which depends for its continuance on the physical environment.

<https://www.theway.org.uk/back/s092Williams.pdf>



Time out

Show and tell: however you are, whatever is going on, bring all to God

Be open to God's response

Writing and journalling / drawing and painting

Move about / go for a walk / sit outside / take some exercise

Breakout rooms from 11.30

Chat room: general chat; over a drink or food

Julian's room: to ask a question, for help, or share an experience

Faith-sharing rooms

Give me a bit of feedback in the chat

Back at 12.00

1200: *The Wild Geese* | Mary Oliver

You do not have to be good.

You do not have to walk on your knees for a hundred miles through the desert repenting.

You only have to let the soft animal of your body

love what it loves.

Tell me about despair, yours, and I will tell you mine.

Meanwhile the world goes on.

Meanwhile the sun and the clear pebbles of the rain

are moving across the landscapes,

over the prairies and the deep trees, the mountains and the rivers.

Meanwhile the wild geese, high in the clean blue air,

are heading home again.

Whoever you are, no matter how lonely, the world offers itself to your imagination,

calls to you like the wild geese, harsh and exciting—

over and over announcing your place in the family of things.

Coming home to this body

Another way to be transparent to God

Body scan

Meeting discomfort

Let God in

Resources

Focusing: focusing.org/sixsteps

Biospiritual Focusing:

www.biospiritual.org/the-biospiritual-flow/

Welcoming Practice:

wisdomwayofknowing.org/resource-directory/the-welcoming-practice/

www.myshepherdking.com/the-welcoming-prayer-by-father-thomas-keating/

Time out

Stay open to God

Offer God a home in you –
in your body

Be open to God's response to
you

Writing and journalling /
drawing and painting

Move about / go for a
walk / sit outside / take
some exercise

Take some rest / have a
snooze (up to 20 minutes)

Breakout rooms from 13.00

Chat room: general chat; over a
drink or food

Julian's room: to ask a question,
for help, or share an experience

Faith-sharing rooms

Give me a bit of feedback in
the chat

Back at 13.30



Christ in the House of Martha and Mary (Velasquez, 1618)

Luke 10:38–42: Jesus Visits Martha and Mary

Resources

Fierce Self-Compassion:

Being Well Podcast: Fierce Self-Compassion with Dr. Kristin Neff: www.rickhanson.net/being-well-podcast-fierce-self-compassion-with-dr-kristin-neff/

Time out

Sit and talk with Martha and Mary

Talk with Jesus

How do you want to be with yourself in your worries and distractions?

Writing and journalling / drawing and painting

Go for a walk

Breakout rooms from 14.30

Chat room: general chat; over a drink or food
Julian's room: to ask a question, for help, or share an experience
Faith-sharing rooms

Give me a bit of feedback in the chat

Back at 15.00

1500: Review, Revisit, Relish

A few of my favourite things

Gather the fragments

Revisit

Relish

Review, Revisit, Relish: Resources

www.thisbody.info/repetition/

www.thisbody.info/audio-prayer-revisiting-a-god-moment/

Time out

Revisit the important moments of this retreat day

Relish them

Talk with God about this

Writing and journalling / drawing and painting

Move about / go for a walk / sit outside / take some exercise

Breakout rooms from 16.00

Chat room: general chat; over a drink or food

Julian's room: to ask a question, for help, or share an experience

Faith-sharing rooms

Give me a bit of feedback in the chat

Back at 16.30

1630: Final sharing and ending

What is the key gift or insight of this day?

Share a short phrase or sentence

Final prayer

5pm: optional reentry time