

Draft for Friday night/Saturday Opening Retreat

This retreat, intended for September, '06, marks the beginning of a 9-month commitment to the spiritual formation program. All who plan to participate in the SF program will gather to learn and practice new skills, including deep listening, journaling, and small group sharing. This retreat gives participants the opportunity to experience mutual care and encouragement. Subgroups will begin organizing and setting dates at this time.

FRIDAY NIGHT

- Welcome, Introductions and Logistics
 - Explore personal spiritual Formation via an experiential process

SATURDAY MORNING

- Focus on Listening:
 - Active listening (Douglas Steere)
 - Clarifying questions and deepening questions
 - Practice active listening
- Journaling, a spiritual practice
- Fishbowl: observe a friendship/accountability group in action

LUNCH

- Debriefing of Fishbowl
 - Spiritual intimacy, going to the “cutting edge” within ourselves
 - Accountability according to Larrabee, Steere and Scholdt
 - Clarify the commitment to attendance and participation
 - Experience Friendship/Accountability Groups
- Logistics for Accountability Groups:
 - Who, when and where to meet?
 - What to do when things get stale in a group?

BREAK

- Large group discussion: Spiritual practices/disciplines
 - definitions of discipline
 - choosing a personal discipline
- Large Group Practice Response to Readings session
- Large Group
 - Choose days and times for Response to Readings sessions
 - Choose facilitators for those sessions
- 5:00 pm: Brief Closing