

OMM RETREAT 2019 SCHEDULE

FRIDAY 25th JAN

5 pm snacks and singing

— early arrival encouraged!

6:30 Supper: *catered by the Syrian Kitchen*

7:10 cleanup to finish off

(there will be a sign-up sheet to cover complete cleanup for each meal, coordinated by Carl Stieren)

7:30 -9 pm whole group opening sharing circle with objects that symbolize mending past or present, or a need for mending, (brought by each participant), led by Caroline Balderston Parry

SATURDAY 26th JAN

9:30-10 am *no breakfast but coffee, tea, & snacks available before we start...*

10 am opening worship with presentation about the idea of “Wabi-Sabi” led by Heather White, followed by brief worship sharing

11-11:10 Bio break *10 mins*

First workshop 11:10-12:30 *(1hr 20 mins) Choice of several options, as per descriptions (see more-or-less finalized separate list...)*

Lunch 12:30-1:30; *catered by Isabelle Yingling*
(there will be a sign-up sheet to cover complete cleanup
for each meal, coordinated by Carl Stieren)
1:15 cleanup to finish off

1:30-2:30 rest, reflection, walks or silent collage (Led
by Caroline BP in kitchen area)

2:30 - 3:10 chi gong led by Charles Hett in the main
meeting room

2nd workshop 3:15 -5pm (1hr 45 mins) choice of several
workshops (*see more-or-less finalized separate list...*)

Supper 5:30-6:45
catered by Isabelle Yingling
6:30 cleanup to finish off

6:45 Singing
and

7:15? -9 pm Movie night

Coordinated by David Raymond.

Several films recommended or available for loan (***What about Bob; Daniel, Night and Day; Groundhog Day,***
and ***Wings of Desire***).

We will show two documentaries: ***The Call of the Forest***
as well as a film about change in Montreal, and
refreshments will be provided!

SUNDAY 27 JAN

9:30 am waffle breakfast *coordinated by Jane Keeler
and Lilia Fick*

10:15 cleanup to finish off

10:30 am: meeting for worship

12:15 pm left overs lunch

*1:15 cleanup to finish off all dishes and general meeting
house tidy up*