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Retreat Day: 6 March 2010 - "Spiritual Friendship"

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| 10.00 am | Welcome and Housekeeping Information |
| 10.15 am | Presentation:
10'' in pairs: What is essential right now in my life, what defines me?
What are my hopes for the day?
20'' in large group: Presenting the other to the group (2'' each) |
| 10.45 am | Introduction into Contemplative Prayer in the form of Christian Meditation |
| 11.15 am | Meditation |
| 11.45 am | What difference has friendship made in your life? (Look at 2 or so examples)
Is there a difference between friendship and spiritual friendship? In small groups. (See L. Freeman 1 + 2) |
| 12.15 pm | Sharing . |
| 12.30 pm | Lunch |
| 13.30 pm | Music - then walking in Nature reflecting on Christ as enabler and third party in any encounter. How do I experience his Presence? How am I seen by Him?
(See LF 3+4) |
| 14.15 pm | Sharing in small groups. |
| 14.45 pm | Befriending the Unknown Other. If Christ died for all mankind, how can we experience Church as all embracing? (See LF 5) |
| 15.15 pm | Prayer of Intercession |
| 15.30 pm | Afternoon tea |
| 16.00 pm | Spiritual Friendship in our local community: How to make it more real, here and now? (See LF 6+7) |
| 16.20 pm | 2nd Meditation 20'' |
| 16.50 pm | Conclusion: Prayer. |