

**Fall Retreat 2026- Into the Silent Land**

**Schedule**

**Monday October 26<sup>th</sup>** – 4:30-5:30 registration

**5:30:** Supper with conversation

**7:00pm:** Welcome, Introduction. Evening prayer, overview of CP ...**Grand silence begins...**

**Tuesday October 27<sup>th</sup>**

**7:30am:** Morning prayer

**8:00am** – breakfast

**9:30 – 10:30:** Contemplative prayer – 2 x 20 minutes with stretch in between

**11:00- 11:45:** Walking Meditation

**Noon – 3:00pm:** lunch and open time – with Soul friending offered - 1:00-2:00pm

**3:30-4:30pm:** Contemplative prayer

**4:45-5:15pm:** Walking meditation

**5:30** – supper

**7:00pm:** Evening Prayer with Lectio Divina

**Wednesday, October 28<sup>th</sup>**

**7:30am:** Morning prayer

**8:00am** – breakfast

**9:30 – 10:30:** Contemplative prayer – 2 x 20 minutes with stretch in between

**11:00- 11:45:** Walking Meditation

**Noon – 3:00pm:** lunch and open time – with Soul friending offered - 1:00-2:00pm

**3:30-4:30pm:** Contemplative prayer

**4:45-5:15pm:** Walking meditation

**5:30** – supper

**7:00pm:** Evening Prayer with Lectio Divina, (Fire ceremony weather permitting)

**Thursday, October 29<sup>th</sup>**

**7:30am:** Morning Prayer

**8:00am:** Breakfast

**9:30 – 10:30:** Contemplative prayer – 2 x 20 minutes with stretch in between

**11:00:** Walking Meditation, **11:30-** Silence closes and room checkout.

**Noon 1:15pm:** Lunch and Retreat Closing

*'What is gathered in contemplation is given out in love', Meister Eckhart*

Further info contact [Susankehoe15@gmail.com](mailto:Susankehoe15@gmail.com)