

Light and Life ~ A Midweek Fall Retreat
September 19-21, 2016

Monday, September 19, 2016

10:00 – 11:45 am.	Arrive Gilmont and Check-in
11.45	Gather at O'Neal Center Dining Hall for meal together
12.00	Lunch
1:00	Welcome Message & Music
1:30	Tai Chi
3.00	Workshops: Glass, Intuitive Painting
5.30	Dinner
6.45	Evening Gathering – Message & Music followed by practice Sunset at 7:20 pm
8:00	Dessert O'Neal Center

Tuesday, September 20, 2016

Sunrise at 7:07 am

7.45	Morning Gathering & Music on porch at O'Neal Center
8.00-9:00	Breakfast at your leisure
9.15	Workshops: Basket Weaving, Glass, Nature/Photography
12.00	Lunch/Rest
2.00	Afternoon Gathering Music/Tai Chi
3.45	Workshops: Glass, Intuitive Painting
5.30	Dinner
6.30	Evening Gathering- Message Psalm Meditation Sunset at 7:20 pm followed by Camp fire, Music and Dutch Oven practices

Wednesday, September 21, 2016

Sunrise at 7:07 am

7.45 a.m.	Morning Gathering & Music on porch at O'Neal Center
8.00-9:00	Breakfast at your leisure
9.00	Optional Workshops; practice; finish projects
11:00	Message & Music and closing conversations
12.00 noon	Lunch and depart at your leisure