

**Stilling exercise**

**Welcomes**

**Sharing in pairs**

**Participant  
introductions**

**Listening groups**

**Guided prayer**

**Tea/coffee break**

**Silent prayer**

**Icebreaker**

**Input - teaching**

**Sharing in the  
whole group**

**Review of  
prayer/  
journalling**

**Quiet time alone**

**Activity**

**Speaker  
introductions**

**Housekeeping**

**Lunch**

**Feedback from  
groups**

**Any questions**

**Review of  
prayer/  
journalling**

**Discussion in  
pairs or groups**

**Closing prayer**

**Physical activity**

**Feedback  
from  
discussions**

**Welcome tea  
and coffee**

**What next?**