

LITANY FOR THE TABLE

What shall separate us from the love of Christ?

Neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

(Rom. 8:38-39)

Lord, in your mercy:

Hear our prayer.

In your compassion, forgive us our sins, known and unknown, those things done and those left undone.

Uphold us by your Spirit, that we may live and serve you in newness of life, to the honor and the glory of your holy name, through Jesus Christ our Lord. Amen.

COMMUNION

CLOSING PRAYER & BLESSING

Lord Jesus, stay with us, for evening is at hand and the day is past. Be our companion on the way. Kindle our hearts and awaken hope, that we may know you as you are revealed in Scripture and in the breaking of bread. Grant this for the sake of your love. Amen.

- Vespers prayer (from the Book of Common Prayer)

The Lord bless you and keep you;

the Lord make his face shine upon you and be gracious to you;

the Lord lift up his countenance upon you and give you peace. *(Num. 6:24-26)*

Amen.

DOXOLOGY

**Praise God from whom all blessings flow;
Praise him all creatures here below;
Praise him above, ye heavenly host;
Praise Father, Son, and Holy Ghost.
Amen.**

Day Sabbatical

GATHERING

GATHERING PRAYER

Silence

Listening: Luke 24:13-31

Responding: Psalm 51:10-12, 15 (Morning Prayer, from the Book of Common Prayer)

Open my lips, O Lord,
and my mouth will proclaim your praise.

**Create in me a clean heart, O God,
and renew a right spirit within me.**

Cast me not away from your presence,
and take not your Holy Spirit from me.

**Restore to me the joy of your salvation,
and sustain me with your bountiful Spirit**

**Glory to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now, and will be forever. Amen.**

CENTERING EXERCISE: THE ELEVATOR PRAYER

REFLECTION: SPIRITUAL LOCATION EXERCISE (1ST MOVEMENT)

CLOSING PRAYER

O God, let something essential happen to me, something more than interesting or entertaining, or thoughtful.

**O God, let something essential happen to me, something awesome,
something real. Speak to my condition, Lord, and change me
somewhere inside where it matters:**

a change that will burn, and tremble, and heal, and explode into tears or laughter, or love that throbs or screams or keeps a terrible, cleansing silence and dares the dangerous deeds.

Let something happen in me which is my real self, God.

- Ted Loder, Guerillas of Grace

MORNING RETREAT TIME

Now – 12:00

Private rooms	Walking trails
Public spaces	Prayer labyrinth
Chapel	Spiritual direction

** The accompanying retreat guide provides some suggestions for basic structure and content for your day. Feel free to use as much or as little of it as you wish.*

LUNCH

12:00 – 1:00 (Gathering Hall)

AFTERNOON RETREAT TIME

1:00 – 4:30

Private rooms	Walking trails
Public spaces	Prayer labyrinth
Chapel	Spiritual direction (until 4:00)

CLOSING

4:30 – 5:00 (Chapel)

EVENING PRAYER

The “Phos Hilaron” (late 200’s – early 300’s AD)

O gracious light,
pure brightness of the ever-living Father in heaven,
O Jesus Christ, holy and blessed:
Now as we come to the setting of the sun,
and our eyes behold the vesper light,
we sing your praises O God: Father, Son, and Holy Spirit.
You are worthy at all times to be praised by joyful voices,
O Son of God, O Giver of life,
and to be glorified through all the worlds.

Silence

COLLECTING PRAYER

Psalm 139:1-6, 23-24

O Lord, you have searched me and known me!
You know when I sit down and when I rise up;
you discern my thoughts from afar.

You search out my path and my lying down;
you are acquainted with all my ways.

Even before a word is on my tongue,
behold, O Lord, you know it altogether.

You hem me in, behind and before,
and lay your hand upon me.
Such knowledge is too wonderful for me,
too lofty for me to attain.

Search me, O God, and know my heart!
Try me and know my anxious thoughts.
See if there be any offensive way in me,
and lead me in the way everlasting. Amen.

RETREAT DEBRIEF & DISCUSSION

- How are you leaving this time?
- How did God meet or speak to you today?