



Embracing the Wilderness: Uncovering the Wisdom Within St. Columba's Inverness, CA—Tentative Schedule

Friday, May 19th

- 4:00-5:00 Register and Settle into Rooms
 - 5:00 Orientation of the Property
 - 6:00-6:45 pm Dinner
 - 7:00-8:30 pm Opening Meditation and Prayer
 - Welcome, Introductions, Guidelines for Being in Community
 - Wilderness as Tempter—What tempts me to forget the wisdom within?
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Saturday, May 20th

- 7:15-7:45 Centering Prayer (Optional)
- 8:00-8:45 Breakfast
- 9:00-10:15 Second Meditation
 - Wilderness as Caller of Brave Adventurer : Leaving “home”
- 10:30-11:45 Third Meditation
 - Wilderness as Healing Mother: Nature's Wisdom
- 12:00-3:30 Lunch and Extended Sabbath
 - Rest, Hike, Journal, Read...
- 3:30-5:30 Fourth Meditation (Break will be incorporated)
 - Wilderness as Holy Meeting Place: Prayer and Sacred Encounter
- 6:00 pm Dinner...

- 7:00-8:00 pm Fifth Meditation and Prayer
 - Wilderness as Resurrection Ground: The Valley of the Dry Bones
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Sunday, May 21st

- 8:00 Continental Breakfast
 - 10:00 am Eucharist Service
 - After the Service Social Time and Wrap-Up Conversation (Travelers can be on the Road by 1:30 pm)
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Suggested items to pack

- Sneakers/Hiking Boots
- Journal and pen/colored pencils
- Favorite prayer/reflection book