**Weekly meeting format:**

Informal gathering 5-15 minutes

Official Welcome 1-2 minutes

Opening prayer and Guided Mediation 5-10 minutes

Faith Sharing 20-30 minutes

Orientation for the Prayer in the week ahead 5-10 Minutes

1. A preview of the daily prayer exercise for the week ahead

Announcements

Concluding Prayer

Outline for the Daily Prayer Process:

* A brief prayer in the morning
* A period of twenty to thirty minutes at some point in the day, of scriptural prayer, which includes journaling your feelings and experiences of prayer
* A brief prayer in the evening to review the day

What you will need:

Your participants guide

A bible

A journal (we will have a journal for every participant unless you want to use one that you already have)

What are the expectations:

A commitment to attending sessions that you sign up for. A LARGE COMPONENT OF THIS REATREAT IS THE BUILDING UP OF OUR COMMUNITY. Life happens of course and if you miss a session you may be able to sit in on another.

A Promise of confidentiality

This does not mean that if someone confesses to a crime in public we can’t turn that person in. So, don’t admit to crimes in your group or else you get a call from the cops! IT’S ABOUT GOSSIP- EVEN GOOD GOSSIP. Let’s say someone shares the fact that they are pregnant and very excited about that- it’s not our place to let that information out.