Tending the Fire:

A Journey into Christian Spirituality, Renewal, and Connection

Give yourself permission to pause, breathe, and reconnect with the sacred fire within you. Through Christian spiritual traditions, prayer, shadow work, dream exploration, breath exercises, gentle movement, and meaningful conversations, discover new pathways to spiritual and personal growth. Enjoy rest, nature, and the companionship of other people in a welcoming space where you can simply be, reflect, and renew your spirit.

Program includes 2 weekend retreats and 6 day sessions.

DAY SESSIONS:
Twice a month

9:30 - 11:20 AM	Morning session
11:30 AM - noon	Morning prayer in the chapel
Noon - 12:45 PM	Lunch break
1:00 - 4:00 PM	Afternoon session

Jan 30 2027 Vita Divina (Sr. Paz & Paul)

9:30 - 11:20 AM	Opening – Sr. Paz & Paul
11:30 AM - noon	Morning prayer in the chapel
Noon - 12:45 PM	Lunch break
1:00 - 4:00 PM	Afternoon session

Feb 13, 2027 Intro to Centering prayer (Paul & Sr. Paz)

9:30 - 11:20 AM	Opening - Paul & Sr. Paz
11:30 AM - noon	Morning prayer in the chapel
Noon - 12:45 PM	Lunch break
1:00 - 4:00 PM	Afternoon session

Feb 26–27, 2027 Shadow Retreat (Sr. Paz & Paul)
6:00 – 7:30 PM | Topic Presenter Sr. Paz and Paul

Saturday

9:30 - 11:20 AM	Opening – Sr. Paz & Paul
11:30 AM - noon	Morning prayer in the chapel
Noon - 12:45 PM	Lunch break
1:00 - 4:00 PM	Afternoon session

Mar 13, 2027 Dreams as Spiritual Practice -- (Sr. Paz & Paul)
9:30 - 11:20 AM Opening - Sr. Paz & Paul
11:30 AM - noon Morning prayer in the chapel
Noon - 12:45 PM Lunch break
1:00 - 4:00 PM Afternoon session

Mar 27, 2027 Active Imagination – (Sr. Paz & Paul)
9:30 - 11:20 AM Opening – Sr. Paz & Paull
11:30 AM - noon Morning prayer in the chapel
Noon - 12:45 PM Lunch break
1:00 - 4:00 PM Afternoon session

April 10, 2027 Yoga as Spiritual Practice -- (Paul & Sr. Paz)
9:30 - 11:20 AM Opening - (Paul & Sr. Paz)
11:30 AM - noon Morning prayer in the chapel
Noon - 12:45 PM Lunch break
1:00 - 4:00 PM Afternoon session

April 24, 2027 Breath as Spiritual Practice -- (Paul & Sr. Paz)
9:30 - 11:20 AM Opening – Paul & Sr. Paz
11:30 AM - noon Morning prayer in the chapel
Noon - 12:45 PM Lunch break
1:00 - 4:00 PM Afternoon session

May 7 - 8, 2027 Ecumenical Contemplative spirituality Retreat (Paul & Sr. Paz)
6:00 – 7:30 PM | Topic Presenter Paul & Sr.Paz

Saturday
9:30 - 11:20 AM Opening – Paul & Sr. Paz
11:30 AM - noon Morning prayer in the chapel
Noon - 12:45 PM Lunch break
1:00 - 4:00 PM Afternoon session

RETREATS: Feb 26-27 & May 7 – 8

3:00 – 4:00 PM Check-in, settle into rooms
4:00 – Opening Prayer, Welcome, Introductions, Intention Setting and Housekeeping. Time Intro to shadow, or Ecumenical contemplative Spirituality
5:00 – Dinner
6:00/6:30 – We Start the Retreat
7:30/8:00 –Practice with Q&A/Sharing afterwards

Imagine giving yourself permission...

- To rest without guilt.
- To be surrounded by people who welcome you exactly as you are.
- To share meaningful conversations, laughter, and beautiful meals.
- To enjoy moments of silence, reflection, and stillness.
- To listen to the wisdom of your body, heart, and spirit.
- To explore your dreams, hopes, and the deeper parts of yourself.
- To embrace the parts of yourself that have been hidden, neglected, or waiting to be heard.
- To reconnect with your passions and rediscover what gives your life meaning.
- To explore what it means to tend the fire of your spirit.

A Journey of Inner Exploration and Renewal

Together, we will create a welcoming circle where meaningful conversations, emotional reflection, spiritual integration, and genuine connection can unfold. Through a variety of experiences and practices, we will explore:

- **Christian Spiritual Traditions:** Discovering wisdom and practices that deepen our relationship with God and enrich our spiritual lives.
- **Shadow Work:** Gently exploring the hidden or less acknowledged parts of ourselves, bringing compassion, awareness, and greater wholeness to our inner lives.
- **Dream Exploration:** Listening to the images, symbols, and stories of our dreams as invitations to reflection and deeper self-understanding.
- **Breath Exercises:** Experiencing the breath as a pathway to grounding, relaxation, presence, and prayer.
- **Prayer and Contemplation:** Making space for silence, listening, and awareness of God's presence within and around us.
- **Nature Connection:** Rediscovering the wisdom, beauty, and healing gifts of the natural world.
- **Movement and Embodiment:** Exploring gentle yoga and movement to reconnect with our bodies and nurture well-being.