

You Don't Have to Do It Alone: The Power of Friendship
A Weekend Retreat Guided by Mark Nepo
Nov. 1-3, 2024

		Location
Friday		
4:00-6:00 PM	Arrival and Check-in	Foyer
6:00-7:00 PM	Dinner	Dining Room
7:00-9:00 PM	Welcome: Reading & Conversation	Forestview Room
Saturday		
8:00-9:00 AM	Breakfast	Dining Room
9:00- 9:50 AM	Session 1: Being A Friend	Forestview Room
9:50-10:30 AM	Journal Question	Forestview Room
10:30-10:45 AM	Break	
10:45-11:15 AM	Open Question & Answer	Forestview Room
11:15 AM-12:00 PM	Session 2: Seeking Truth Together &The Art of Netting	Forestview Room
12:00-1:00 PM	Lunch	Dining Room
1:00-2:00 PM	Reflective Time	
2:00-2:30 PM	Open Question & Answer	Forestview Room
2:30-3:15 PM	Session 3: The Work of Friendship – Regardless of What Happens	Forestview Room
3:15-3:45 PM	Journal Question	Forestview Room
3:45-4:00 PM	Break	
4:00-4:40 PM	Session 4: The Art of Enduring	Forestview Room
4:40-5:00 PM	Open Question & Answer Closing Thoughts, Story, Poem	Forestview Room
6:00-7:00 PM	Dinner	Dining Room
7:30-9:00PM	Stories & Poems: A Reading	Forestview Room
Sunday		
*Must checkout of rooms by 9:00 AM		
8:00-9:00 AM	Breakfast	Dining Room
9:00-9:30 AM	Open Question & Answer	Forestview Room
9:30-10:15 AM	Session 5: One Candle Lighting Many	Forestview Room
10:15-10:30AM	Break	
10:30-10:45 AM	Open Question & Answer	Forestview Room
10:45-11:30 AM	Session 6: Moments That Hold the World Together	Forestview Room
11:30 AM-12:00 PM	Closing Thoughts, Story, Poem	Forestview Room
12:00-1:00 PM	Lunch & Departure	Dining Room

Wi-Fi Network is AB_Retreat_Center, no password needed