

GRIEF, WONDER, HOPE

FEBRUARY 5-7, 2027

Friday, Feb 5

7:00pm **Welcome Session** - Gather and Introductions
8:00pm **Yoga Nidra** (guided meditation)

Saturday, Feb 6

7:45- 8:30am **Breakfast**
8:45am **WIN time** - (What I Need- WIN) Walk, journal, meditation
9:30am **Check In**
 Gather (break out groups as needed) - Praying in Color

12:00 noon **Lunch**
1:00pm **WIN time**
2:00pm **Gather**
 Zentangle and discussion

5:30pm **Dinner**
7:00pm **Community time and Yoga Nidra**

Sunday, Feb 7

7:45-8:30am **Breakfast**
9:00am **Rooms Empty for housekeeping/Packing up**
10:00am **Worship**
11:00am **Group Picture/Closing (wrap up)**
11:30am **Lunch & Departure**