

# **ROOTED IN HOPE**

## **Selah Grief Retreat Schedule**

**\*Schedule subject to change\***

### **Friday**

**6:00pm- 7:00pm- Arrival and Nest/Warm Welcome**

**7:00pm- Hot chocolate and cookies Fireside**

**7:30pm- Session 1- Triune Grief Care-what it is and why it is important.**

**8:30pm- Breath and Movement-Body scan**

### **Saturday**

**8:00am- Breakfast Set Out**

**10:00am- Breath and Movement- Grounding and self-care**

**10:30am- Selah mindful walk**

**10:45am- Session 2- Selah- What it is and how to practice it.**

**11:30am-Lectio Devina**

**12:00pm- Lunch**

**12:30-3:00- Free Time**

**3:00pm- Kintsugi Craft- Broken but Beautiful**

**4:00pm- Photo Scavenger Hunt**

**6:00pm- Dinner**

**7:00-8:00pm- Prayer Stations/Rest, Reflect and Praise**

### **Sunday**

**8:00am- Breakfast Set Out**

**9:00am- Breath and movement- Soaking in Psalm 23**

**9:30am- Prayer of Blessing and Goodbyes**