

Eugene Friends Meeting

Worship-Ministry-Nurture Committee

Winter Retreat 2021



Reflecting on the Past, Being in the Present, and Finding Hope for the Future: How is the Divine at work in our lives?

Join us for an occasion of spiritual deepening and community gathering. Throughout the retreat we will experience opportunities for worship and worship sharing together, as well as quiet time alone.

January 29-30, 2021, via zoom

**Friday January 29, 2021
7:00-8:30 p.m.**

We will get to know each other with small group worship sharing. This activity, and socializing, too, will bond the group for the course of the retreat.

**Saturday January 30, 2021
10:00 – 11:30 a.m.**

We will begin with worship, then delve into “**Reflecting on the Past,**” acknowledging that some of us are grieving losses and upsets. We will name our grief, on a personal and global level, and then choose from an array of possibilities to begin to process that grief (offline): You might write a lamentation; create a piece of art; express feelings through movement, dance, or song; journal or write poetry, or spend time in worship.

Because we will cover deep and possibly painful subjects, we will have Friends available to listen one-on-one in a zoom breakout room.

11:30 a.m. – 12:30 p.m.

Lunch Break

**Saturday January 30, 2021
12:30 p.m. to 2:00 p.m.**

We will focus on “**Being in the Present**” through worship sharing. In small groups, we will respond to queries such as, *“Where am I now in my life? How can I be more fully present? How can I give more attention to the leadings of the Spirit?”*

2:00 p.m. – 2:45 p.m.

Afternoon break, for a walk or a nap

**Saturday January 30, 2021
2:45 p.m. to 4:15 p.m.**

We will conclude with “**Finding Hope for the Future – Building Bridges: Hope, Community, Vision**” guided by guest speaker Carl Magruder, Quaker healthcare chaplain from Eureka, CA, and confirmed optimist.

**All are welcome, whether you are new to the Meeting or have attended for many years.
Please register by January 22, 2021; send an email to:**

wmn(at)eugenefriendsmeeting(dot)org