

“THE POWER OF LOVE” RETREAT

with Fran Grace, Belvie Rooks, & Alexander Vesely

July 18-21, 2024. 3 nights, 4 days. (Fifth anniversary of the book)

[Registration Webpage](#)

Retreat Outline (subject to change)

Day One - Thursday

- | | |
|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| 4:00 pm to 5:00 pm: | Arrival and Check In |
| 5:30 pm to 6:00 pm: | Welcome and Orientation |
| 6:00 pm to 7:00 pm: | Dinner provided in Baird Hall |
| 7:00 pm to 8:30 pm: | Small Groups. Possible prompts: What stays with you from the POL book or from the class? What is your growing edge right now on the path of Love? |
| 8:30 – 9:15 pm: | Optional: Moonlight silent walking meditation outside
Optional: Sitting meditation inside |
| 9:30 pm: | Quiet, lights out. |

Day Two – Friday

Coffee, tea!

- | | |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------|
| 6:30 am – 7:30 am | Options - Walking / Yoga / Meditation |
| 8:00 am – 9:30 am | Breakfast provided in Baird Hall |
| 10:00 am – 12:00 pm | Part One: <i>Searching</i> for Meaning and Love (with Fran and Alex) . . . Plenary, with Breakout Sessions and Applied Practice |

12:00 pm – 1:30 pm	Lunch provided in Scott Hall
1:30 pm – 3:30 pm	Part Two: <i>Finding Love and Meaning</i> Spiritual Practices (with Fran) . . . Plenary, with Breakout Sessions and Applied Practice
4:00 pm – 6:00 pm	Public Forum on <i>The Power of Love</i> book, with Fran, Belvie, and Alex . . . and some special guests.
6:30 pm – 7:45 pm	Dinner. Individual choice: 1) Pizza Party provided at Baird Hall, OR 2) Go out to a local restaurant (several are within walking distance) on your own or with friends.
7:45 pm – 8:30 pm	Optional: Moonlight silent walking meditation outside Optional: Sitting meditation inside
8:30 pm – 9:15 pm	Optional Affinity Groups Meetings: AA / Al-Anon / Dream Group, etc.
9:30 pm	Lights out

Day Three – Saturday

Coffee and tea!

6:30 am – 7:30 am	Options - Walking / Yoga / Meditation
8:00 am – 9:30 am	Breakfast provided in Baird Hall
10:00 am – 12:00 pm	Part Three: <i>Transformed by Love</i> : “What Would Healing Look Like?” (with Fran and Belvie) . . . Plenary, with Breakout Sessions and Applied Practice
12:00 pm – 1:00 pm	Lunch provided in Scott Hall

1:00 pm – 3:30 pm	Individual Choice: 1) group activity such as walking in nature to Phoenix Lake, or a session in art therapy. 2) time for personal connections and conversations with peers. 3) personal rest and self-reflection.
3:30 pm – 5:30 pm	Part Four: <i>Surrendering</i> to Love – the “end” of the journey (with Fran) . . . Plenary, with Breakout Sessions and Applied Practice
6:00 pm – 7:30 pm	Special Dinner provided in Baird Hall
7:30 pm – 9:00 pm	Time for fun! ☺ POL Talent Show!
9:30 pm	Lights out

Day Four – Sunday

Coffee and tea!

6:30 am – 7:30 am	Options - Walking / Yoga / Meditation
8:00 am – 9:00 am	Breakfast provided in Baird Hall
9:00 am – 9:30 am	Cleaning up, saying good-bye
10 a.m.	Departure