

Nurturing Spirit Retreat

March 1-3, 2019

The Life-giving Power of Water

"We are like islands in the sea, separate on the surface but connected in the deep."
William James

Water sustains us.
Water heals us.
Water is us.

Surrounded and embraced by the Pacific ocean, Samish Island is the perfect place to immerse ourselves in the healing metaphor of water.

Through image and story
Through meditation and movement
Through music and metaphor
Through rest and through play
Come discover water as the healing wellspring of life.

To register go to <https://communityofchrist.campmanagement.com/group-register>

Schedule is posted on facebook

Nurturing Youth Spirit Retreat

This year we will be exploring the Circle of Courage as shared by the teachings of Dr. Martin Broken Leg. What is this thing called COURAGE? Who has it anyway? is it ridiculous or righteous to have dreams in a world people seem to worry so much about these days?

We are also going to cook a little and go CANOEING. If you are 10 and up, and attending with an adult, come discover your inner strengths and the Sacred ways of water on Samish Island.

The Canada West Mission Centre offers this retreat by donation and continues to rely on your generous donations to offset expenses. A charitable tax receipt will be issued for all donations.

Nurturing Spirit Schedule March 1 – 3, 2019

Friday March 1st

- 3:00 Self-guided activities and Personal Retreat time
- 4:00 Team Spiritual Practice and facilitator instructions
- 5:30 Dinner
- Cleanup

Nurturing Spirit Retreat officially begins

- 7:00 Registration
- 7:30 Welcome and Invitation to the Weekend - Vickie MacArthur and Patti Beer
- 8:15 Listening for the Soul break into groups - Shannon McAdam
- 9:00 Evening Meditation - Vickie MacArthur

Saturday March 2nd

- 7:00 Rise in Silence, walk thoughtfully to the CFC
- 7:30 Morning Meditation - Vickie MacArthur
- 8:15 Breakfast
- Cleanup
- 9:30 Blue Mind - Patti Beer
- 11:00 Break
- 11:10 Yoga: Flow and Be Still Like Water - Vickie MacArthur
- 12:15 Silent Lunch
- Cleanup
- 2:00 Blue Mind - Patti Beer
- 3:00 Break
- 3:15 Listening for the Soul - Shannon McAdam
- 4:15 Break
- 4:30 Personal Meditation Time
 - Yoga Nidra: Becoming the Wave - Vickie MacArthur
 - Hatha Yoga with Gentle Vinyasa - CFC - Barbara Rose-Leigh
 - Walk the Labyrinth - Instructions at CFC
 - Self-Guided Practices - Instructions at CFC
- 6:00 Dinner
- Cleanup
- 7:30 Music and Poetry
- 8:45 Listening for the Soul "Tea and check in"

Sunday March 3rd

- 7:00 Rise in Silence
- 7:30 Arrive thoughtfully at the Dining Hall
- Beach meditation (weather permitting)
- 8:00 Breakfast
- 9:15 Dining Hall/Bathroom Cleanup - See schedule at registration for your assignment
- 11:00 Closing Service
- 12:30 Cabin Cleanup and Goodbye until next year

*schedule is subject to change