

The Sanctuary of Belonging

Friday (Silent)

~ 3:00 - 6:00 pm: Arrival, Settling In

6:00 - 6:30 pm: Orientation / Tour of Limina

6:30 - 7:30 pm: Dinner

7:30 - 8:30 pm: Opening Chant, Evening Sit

Welcoming words from Gabe. Setting the context of sanctuary and introducing the four qualities of sanctuary. Introduce main practices of retreat (belonging practice, letting be), and how they relate to the idea of sanctuary. Letting be practice.

Saturday (Silent)

7:30 - 8:30 am: Breakfast

8:30 - 9:00 am: Morning sit / letting be

9:00 am - 10:00 am: Introduction to Belonging Practice

Source material for belonging practice. Potential obstacles to visualizing belonging or imagining a supportive figure. First guided belonging sit.

10:00 am - 11:00 am: Sitting and walking meditation.

11:00 am - 12:00 pm: Free Time and/or One-on-Ones with Gabe (prescheduled)

12:00 - 1:00 pm: Lunch

1:00 - 4:00 pm: Forest Bathing

4:00 - 5:00 pm: Belonging Practice

5:00 - 6:00 pm: Free time and/or One-on-Ones with Gabe (prescheduled)

6:00 - 7:00 pm: Dinner

7:00 pm - 7:30 pm: Reflection from Gabe

On intentional belonging. Exploring what it would be to create belonging together in retreat.

7:30 - 8:30 pm: Kinship Circle

Brief sit focused on radiating love and belonging towards each other. Invitation to embody sanctuary together, and speak freely in circle.

Sunday (Silent AM/Speaking PM)

7:30 - 8:30 am: Breakfast

8:30 - 9:00 am: Morning Sit (letting be)

9:00 - 10:00 am: Belonging Practice and Walking meditation

Encouraging words.

10:00 am - 10:30 am: Free Time

10:30 - 12:00 pm: Kinship Circle

Brief sit focused on radiating love and belonging towards each other. Invitation to embody sanctuary together, and to speak freely in circle.

Retreat silence ends

12:00 pm - 1:00 pm: Lunch

1:00 pm - 1:30 pm: Closing Words from Gabe

Dedication prayer. Carrying seeds of belonging into the world.

1:30 pm: Farewells & Departure