

## *A brief overview of the day:*

This day-long program will combine time for silence, shared stories in small groups, music with Ruth Cunningham and Tibetan singing bowls, and accessing creativity through guided meditation and creative writing.

**8:45** Registration & Coffee

**9:00** Prelude - *Ruth Cunningham and Phyllis Strock*

**9:15** Welcome & Introductions

**9:45** Small Group Experience (*Readings and Shared Stories*)

**11:30** Silence, music & sharing in large group

**Noon** Lunch (*choice of eating in silence or together in conversation*)

**1:15** Guided Meditation & Creative Exercise

**2:15** Music: *Singing, Chanting & Tibetan Singing Bowls*

**2:45** Wrap-up and Final Blessing

**3:00** Departure