



Clergy Spouse Retreat 2019 Agenda

“With Gladness and Singleness of Heart”

During our retreat, we will explore concepts inspired by the works of Brené Brown. We will view her TED talks and discuss one of her many books entitled, “Daring Greatly: How the Courage to be Vulnerable Transforms the way we Live, Love Parent and Lead.” Reading beforehand is optional.

Friday, March 29th

Time:	Activity:	Location:
3:00-5:00pm	Check in	HC Lobby
5:30pm	WELCOME!	Bishop’s Hall
6:00pm	Dinner	Dining Hall
7:00pm	Icebreaker	Bishop’s Hall
7:30pm	Program One: <u>Wholehearted Living 101</u>	Bishop’s Hall
9:15pm	Evening Prayer	Chapel

Saturday, March 30th

8:15am	Good Morning!	Bishop's Hall
8:30am	Breakfast	Dining Hall
9:15am	Morning Prayer	Chapel
10:00am	Program Two: <u>Debunking the Vulnerability Myths</u>	Bishop's Hall
12:00pm	Lunch	Dining Hall
1:00pm	Free Time!	
2:00pm	Flower Pot Party	Bishop's Hall
3:00pm	Program Three: <u>Understanding and Combating Shame</u>	Bishop's Hall
4:00pm	Break Time/ Prep for Dinner	
5:00pm	Depart for Jekyll Island	*Group Transportation Provided*
5:30pm	Arrive at Jekyll/Group Picture	
6:00pm	Dinner at The Wharf Restaurant	

Sunday, March 31st

8:15am	Rise and Shine!	Bishop's Hall
8:30am	Breakfast	Dining Hall
9:15am	Worship <u>"With Gladness and Singleness of Heart"</u>	Chapel
10:00am	Listening Session/Reflect	Bishop's Hall
12:00pm	Lunch and Farewell!	Dining Hall

