



## 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	Chapel
	<u>“With Gladness and Singleness of Heart”</u>	
10:00am	Listening Session/Reflect	Bishop's Hall
12:00pm	Lunch and Farewell!	Dining Hall

