

Invitation to Joy and Renewal
A Virtual Guided Retreat Day with Archbishop Desmond Tutu
Tuesday, February 15, 10 am – 3 pm*
***Optional Lectionary Bible study with Bishop Rob of New Hampshire, 3-4 pm**
Sponsored by the Episcopal Church of New Hampshire Clergy Formation Committee

Clergy from New Hampshire, Vermont, and Maine are invited to a guided retreat day, with a focus on *The Book of Joy: Lasting Happiness in a Changing World*, by Desmond Tutu, Dalai Lama, and Douglas Carlton Homes. We recommend you read *The Book of Joy* before the retreat, and also welcome you to come and learn as you go if you have not read it.

The day will offer plenty of off-screen time for reflection and self-care as well as teaching time and breakout groups.

To register for this virtual event, go to
<https://zoom.us/meeting/register/tJEtcu-hqTwrHtzAyEiv417O-GspfKZ-Qpxu>.

The Zoom link will be emailed to you after you register.

Please contact Kathy Traynor at ktraynor@nhepiscopal.org or 603-224-1914 if you have questions.

Proposed Virtual Guided Retreat Schedule on February 15, 2022

*In the spirit of retreat, take your morning easy before signing on.
Make room for rest, exercise and other wellness practices.
Prepare your space by lighting a candle or another way of marking sacred time.*

10:00	5 min.	Check-in and welcome
10:05	10 min.	Morning Worship from <i>Daily Prayer for All Seasons</i>
10:15	15 min.	Introductory Remarks from Bishop Rob Hirschfeld <i>What does Bishop Tutu's wisdom have to teach us today?</i>
Total	30 min.	

Part 1: Nature of True Joy and Obstacles to Joy

10:30	20 min.	Reflection on <i>The Book of Joy</i>
10:50	30 min.	Quiet reflection time (<i>off screen</i>)
11:30	30 min.	Breakout groups
12:15	10 min.	Return to full group
Total	90 min.	

12:30 30 min. Lunch break (*on or off screen*)

Part 2: Eight Pillars of Joy

1:00	20 min.	Reflection on <i>The Book of Joy</i>
1:20	30 min.	Quiet reflection time (<i>off screen</i>)
1:50	30 min.	Breakout groups
2:35	10 min.	Return to full group
Total	90 min.	
2:45	10 min.	Closing Worship
2:55	5 min.	Depart (or short break)
3:00	60 min.	Bishop Rob's Lectionary Bible Study (optional)