

**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 Holmes. 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](mailto: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 ( <b>off screen</b> )
11:30	30 min.	Breakout groups
12:15	10 min.	Return to full group

**Total      90 min.**

12:30	30 min.	Lunch break ( <b>on or off screen</b> )
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**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 ( <b><i>off screen</i></b> )
1:50	30 min.	Breakout groups
2:35	10 min.	Return to full group

<b>Total</b>	<b>90 min.</b>	
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2:45	10 min.	Closing Worship
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2:55	5 min.	Depart (or short break)
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3:00	60 min.	Bishop Rob's Lectionary Bible Study (optional)
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