

Time	Program	Location
<b>Day One - Friday</b>	Arrive, settle in	
4pm	Orientation, walkaround	Meet outside the retreat centre (RC) gathering space
5.00	Welcome Labyrinth Walk (with some introductory comments) Acknowledgement of Country <b>Contemplating the Gospel of Saint Thomas</b> session 1 Meditation	Labyrinth then prayer room
7:00	Dinner Stargazing, sharing our hopes for this time of retreat	outside tables/campfire
8:30	Silence overnight begins	
<b>Day Two - Saturday</b>		
6:30am	Meditation, arrive and leave in silence	Campfire/prayer room
7.00	Sunrise	Contemplative walk on paths
7.30	Breakfast available, help yourself	Set up in gathering space and brew bar
9:00	Morning prayer/meditation	Prayer room
9:30	<b>Contemplating the Gospel of Saint Thomas</b> session 2	
10.30	Morning Tea	Gathering space
11.00	Contemplative practices: Dadirri Haiku Art making/journalling	
Noon	Contemplative walking/ meditation / Labyrinth walk	Outside
12:30	Lunch in a spirit of silence	Dining room/outside tables/campfire area
1:30	Rest/reflection alone time/ contemplative practices such as dadirri, labyrinth walk, lectio divina, haiku, art making	Gathering space/ various outside
4:00	<b>Contemplating the Gospel of Saint Thomas</b> session 3  Group time/satsang/yarning	Prayer room
6pm	Evening prayer/meditation	Prayer room/outside
7:00	Dinner/campfire reflection "what has happened for me today"	Dining room/outside tables/campfire
8:30	Silence overnight	

<b>Day 3 – Sunday</b>		
6:20am	Drive to the Claypans for sunrise contemplative walking and meditation	Meet in Campfire carpark
7.30	Breakfast available, help yourself	Set up in gathering space and brew bar
9:00	Morning prayer/meditation	Prayer room
9:30	<b>Contemplating the Gospel of Saint Thomas</b> session 4	
10.30	Morning Tea	Gathering space
11.00	Contemplative practices: Dadirri Haiku Art making/journaling	
Noon	Contemplative walking/ Labyrinth walk	Outside
12:30	Lunch in a spirit of silence	Dining room/outside tables/campfire area
1:30	Rest/reflection alone time/ contemplative practices such as dadirri, labyrinth walk, lectio divina, haiku, art making	Gathering space/ various outside
4:00	<b>Contemplating the Gospel of Saint Thomas</b> session 5	
6pm	Group time/satsang/yarning	Prayer room/outside
7:00	Evening prayer/meditation	Dining room/outside tables/campfire
8:30	Dinner/campfire reflection “what has happened for me today”	
	Silence overnight	
<b>Day 4 – Monday</b>		
6:30am	Meditation, arrive and leave in silence	Campfire/prayer room
7.00	Sunrise	Contemplative walk on paths
7.30	Breakfast available, help yourself	Set up in gathering space and brew bar
9:00	Morning prayer/meditation	Prayer room
9.30	Labyrinth walk reflecting around what these days have been for me	
10.30	Morning Tea	
11	Sharing around what these days have been for me	Inside/outside
12.15	Prayer /Meditation	
1pm	Lunch Farewells	

