

Benediction

A RETREAT OF POWER AND PROMISE

**Offered this Christmas
From December 25, 2011 – January 6, 2012
At Trinity Cathedral
Little Rock, Arkansas • 310 West 17th Street • 501-372-0294**

Retreat leader – Jane Lee Wolfe

BENEDICTION is a two-week offering for people to enter into as often as they wish. There are a variety of opportunities – talks, studies, practice, prayers, silent sessions, one-on-one times with the retreat leader. You may come to one, you may come to all, you may come as you can. There is no need to worry about missing anything; each session is complete in itself.

Benediction is underwritten; there are no fees to attend. It is open to everyone. You do not need to sign up to participate. Come to as many or as few of these offerings as you wish.

The title is taken from the invocation for help, blessing and guidance that is often said at the end of public worship:

*The peace of God, which passes all understanding,
keep our hearts and minds in the knowledge and love
of God, and of his son, Jesus Christ our Lord.*

and

*The blessing of God Almighty, the Father,
the Son, and the Holy Spirit, be among us
and remain with us always. Amen.*

The schedule for this two-week retreat is on the reverse side. If you wish to schedule an individual, one-on-one session with the retreat leader, please call 501-372-0294 and leave your name and number.

Benediction Schedule

Week One – The Power December 25 - December 31, 2011

The peace of God, which passes all understanding, keep our hearts and minds in the knowledge and love of God, and of his son, Jesus Christ our Lord.

Sunday, December 25:

5 pm Evening Prayer

Monday, December 26:

8 am Morning Prayer

10 am **Talk – The peace of God**

11 am A time of silence and practice

12 noon Noonday Prayer

2 pm Listening Bible Study

3 – 5 pm Time for one-on-one

5 pm Evening Prayer

Tuesday, December 27:

8 am Morning Prayer

10 am Time for one-on-one

12 noon Noonday Prayer

2 pm **Talk – Peace and your heart**

3 pm A time of silence and practice

5 pm Evening Prayer

Wednesday, December 28:

8 am Morning Prayer

10 am **Talk – Peace and your mind**

11 am A time of silence and practice

12 noon Noonday Prayer

2 – 4 pm Time for one-on-one (off site)

5 pm Evening Prayer

Thursday, December 29:

8 am Morning Prayer

10 am Listening Bible Study

12 noon Noonday Prayer

2 pm **Talk – God and Jesus**

3 pm Time for silence and practice.

5 pm Evening Prayer

Friday, December 30:

8 am Morning Prayer

10 am **Talk – All together: Peace, God, Jesus, your Heart, your Mind**

12 noon Noonday Prayer

2 – 4 pm Time for one-on-one.

5 pm Evening Prayer

Saturday, December 31:

8 am Morning Prayer

12 noon Noonday Prayer

2 – 5 pm Open House – Conversations on Peace

5 pm Evening Prayer

Week Two – The Promise January 1 – January 6, 2012

The blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among us and remain with us always. Amen.

Sunday, January 1:

5 pm Evening Prayer

Monday, January 2:

8 am Morning Prayer

10 am **Talk – Blessings of God Almighty**

11 am A time of silence and practice

12 noon Noonday Prayer

2 pm Listening Bible Study

3 – 5 pm Time for one-on-one

5 pm Evening Prayer

Tuesday, January 3:

8 am Morning Prayer

10 am Time for one-on-one

12 noon Noonday Prayer

2 pm **Talk – Blessings of God the Father**

3 pm A time of silence and practice

5 pm Evening Prayer

Wednesday, January 4:

8 am Morning Prayer

10 am **Talk – Blessings of the Son**

11 am A time of silence and practice

12 noon Noonday Prayer

2 – 4 pm Time for one-on-one (off site)

5 pm Evening Prayer

Thursday, January 5:

8 am Morning Prayer

10 am Listening Bible Study

12 noon Noonday Prayer

2 pm **Talk – Blessings of the Holy Spirit**

3 pm Time for silence and practice.

5 pm Evening Prayer

Friday, January 6

8 am Morning Prayer

10 am **Talk – Blessings among us always**

12 noon Noonday Prayer

2 – 4 pm Time for one-on-one.

5 pm Evening Prayer

About Jane Lee Wolfe

Jane has been in the field of spiritual health and fitness for 40 years. She is a former member of both Trinity Cathedral Parish and Christ Church Little Rock. She served on the staff of both Trinity and Christ Church and on the staff of the Diocese during her thirty-five years in Little Rock. She is director of Bog Chapel, Inc., a not-for-profit that helps people who want to get their spiritual lives in some kind of order and which also trains people who want to take a leadership role in spiritual health and fitness. Bog Chapel is incorporated in Vermont.