



**Covenant**  
A CONTEMPLATIVE CHRISTIAN COMMUNITY



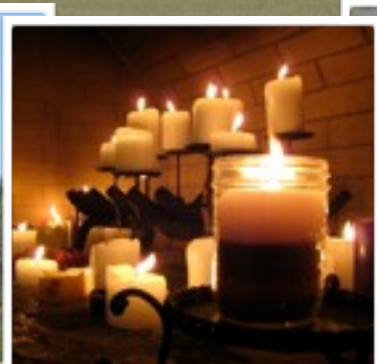
### Schedule

#### FRIDAY EVENING

- 6:00 Greet and get settled
- 7:00 **Vespers Prayer Service**
- 7:30 *St. Francis and his Lifestyle*
- 8:30 Fellowship time
- 9:00 *Building a Rule*
- 10:00 **Compline Prayer Service**

#### SATURDAY MORNING

- 5:00 **Lauds Prayer Service**
- 5:30 Free time / Meditation time
- 8:00 Breakfast
- 9:00 **Terce Prayer Service**
- 9:30 *Time of Sharing*
- 10:30 **Communion Service**
- 11:00 Dismissal and opportunities for work at church



# FRANCISCAN RETREAT

## Covenant Center for Contemplative Spirituality

**What happens:** Learn about St. Francis and his spiritual tradition, work on a Rule for your life that will reflect Christian values and goals, share your own spiritual insights and learn from others, participate in a monastic experience that will enrich the body, soul, and mind, and enjoy fellowship with other Christians.

**What to bring:** Bible and writing material, comfortable clothes, work clothes if you choose to do outdoor work, basic toiletries (air mattresses and bedding provided)

**RSVP:** [timheavin@yahoo.com](mailto:timheavin@yahoo.com) or [brchappell@gmail.com](mailto:brchappell@gmail.com) (no cost, donations accepted)

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