



RETREAT OPTIONS

This year, based on the feedback we received from you, we are offering both convention and retreat-like breakout sessions. You'll get to create your own experience in a mix-and-match of any sessions you'd like! No advanced sign up needed. All sessions are available for CEU credit.

Abide: A Spiritual Direction Workshop - (Joni Lorraine)

Offered: Tues, June 18 (3:30-5:30 pm); Wed, June 19 (4:00-5:30 pm); Thurs, June 20 (1:30-3:00 pm)

Embark on a transformative journey with "Abide," a spiritual direction workshop designed to delve into the profound realms of spiritual direction and contemplative practices. Each segment will explore a different topic, so come for all, or go all in for one. This immersive experience will guide participants through the enriching landscapes of paired and group spiritual direction, while also exploring contemplative practices such as Lectio Divina.

Throughout the workshop, participants will have the opportunity to work closely with experienced spiritual directors and facilitators, gaining valuable insights into the art and ministry of spiritual direction and companioning one another. Whether you are a seasoned spiritual seeker or new to the path, "Abide" will invite you to deepen your spiritual connection and find new meaning in your personal journey.

Connecting to Presence Through Creative Expression - (Rev. Glenda Walden)

Offered: Wed, June 19 (2:00-3:30 pm)

Join Creative Manifestor, Spiritual Coach & Healer, Glenda Walden on a journey to unleash your creative expression as a spiritual practice, deepening your connection to Presence. This workshop includes movement and mantras, a collage creation, meditation, and creative writing all in a safe, nonjudgmental space.

Embodied Practices of Mysticism & Transcendence - (Rev. Tim Lytle)

Offered: Tues, June 18 (3:30-5:30 pm) & Wed, June 19 (2:00-3:30 pm)

Session Purpose: To learn and experience practices which can lead to Whole Body Mystical Awakening and to embody/experience/radiate transcendence not only individually but collectively.

Synopsis: The practices we will use in this workshop can help you to have a direct experience of the Divine, of Transcendence, not only individually but collectively. These practices come from ancient traditions and incorporate newer spiritual practices of embodied spirituality. All levels are welcome. Many have found these practices to be of immense help in embodying and resonating the Presence not only in their lives but in the field around them!

Practices of this workshop can include: Whole Body Mystical Awakening/Presencing, Resonating Prayer, Lectio Divina, Visio Divina, Dancing Meditation, and other Meditation/Mindfulness practices.

Express Yourself - (Rev. Jen Hutchins & Jenny Hahn)

Offered: Tues, June 18 (3:30-5:00 pm); Wed, June 19 (4:00-5:30pm); Thurs, June 20 (10:00 am-12:00 pm & 1:30-3:00pm)

Have you been looking for a creative way to spice up your spiritual practices? Join Rev. Jeniffer Hutchins, founder of Unity Arts Ministry (UAM), for a fun and interactive expressive arts workshop. Experience simple ways to enrich your own practices and take-home ideas to share with your spiritual community.

At UAM we believe creativity is your birthright and art-making can be practiced by anyone for the purpose of self-expression, growth and discovery. During our time together you will have the opportunity to explore meditation and self-reflection exercises that incorporate a variety of basic art materials.

Our workshop assistant is Jenny Hahn. Jenny is a professional artist, certified mindfulness teacher, co-founder of Creative Nectar Studio and author of *Creative Flow: Tap and Express Your Juicy Essence*.

Most of our breakout sessions are designed to run for one and a quarter hours. No prior art experience required.

Learn more about Unity Arts Ministry at www.UnityArtsMinistry.org.

Guided Labyrinth Walk - (UWM Staff)

Offered: Wed, June 19 (2:00-3:30pm)

Information coming soon!

Guided Meditation in Myrtle's Garden - (UWM Staff)

Offered: Wed, June 19 (4:00-5:30pm)

Information coming soon!

Meandering in the Natural Mystic: Nature Hike - (Rev. Ken Fendrick)

Offered: Tues, June 18 (3:30-5:00 pm) & Wed, June 19 (4:00-5:30pm)

In the first journey of this experiential workshop, we will be exploring divine life in the natural world. We will learn how we can gain spiritual insight and renewal in connecting through natural features such as trees, plants, rock formations and water features using our senses of sight, sound, smell, touch, feel, and intuition on the pathways. We will also learn to become attuned and interpret messaging found in the sensory and spiritual connection with the abundant wildlife found around the trails. Short meditative and attunement practices will be used at times to facilitate a deeper connection with all life.

In the second journey, we will explore a different part of the trail using the same practices in the first journey. We will also explore how we can use the lessons learned and scenery experienced in creating inspirational content for our ministries.

Note:

One or both journeys may be cancelled in the event of inclement weather.

*** Wear comfortable shoes, clothing for walking. Bring plenty of water.*

Unity Village Carl Chinnery Nature Trail Informational video

<https://youtu.be/AJQUstg5m8?si=wFkl-UsvglbUwn5>

Unity Village-Trail Map

<https://www.unityvillage.org/sites/default/files/2017-05/walking-tour-brochure-map.pdf>

Silent Unity Open House - (Silent Unity)

Offered: Thurs, June 20 (2:00-3:30pm)

Information coming soon!

Sound Bath - (Susan Harp)

Offered: Wed, June 19 (2:00-3:30 pm) & Thurs, June 20 (10:00 am-12:00 pm)

Sound heals. Music heals. Giving yourself time to rest and reset heals your body and soul.

Feel relaxing sound vibrations sooth, release, and open your spirit to receive - join Susan Harp for a magical, healing sound bath of Tibetan bowls, windchimes, handpan, harmonium, voice, bodhran, Chinese gong, sansula and koshi bells. An accomplished musician, vocalist, and harmonium player, Susan brings over 35 years of creating fresh, inspiring music and sound experiences for audiences across the region.

Those attending may either lie on the floor or sit in a chair for their comfort and relaxation. Susan will envelope participants with warm, healing sound energy from her instruments and voice, giving personal attention to each recipient.

Bring blankets, pillows, a yoga mat, or anything you need to stay warm and comfortable on the floor or in your chair. Enter the bliss and allow your senses to be soothed!

Spiritual Journaling - (James Pycior)

Offered: Tues, June 18 (3:30-5:30 pm) & Thurs, June 20 (1:30-3:00pm)

If you want to connect with God more deeply, a Spiritual Journal can be a powerful tool. It can help you tune out the noise of the world and tune in to the voice of your Creator. In this class, James will show you how to start and maintain a Spiritual Journal that reflects your unique relationship with God. You will learn how to write, connect, listen, and express yourself in ways that bring you closer to the divine.