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**The Art of Noticing**

**…….Exploring the Inner and Outer World**

**Leader: Adrian Scott**

**Programme**

**Friday** 4.00pm onwards Arrivals

 6.00pm Evening Meal ( Not silent )

 7.30pm Welcome, and introduction AS

 ***…..Move into silence***

**Saturday**  8.30am Breakfast

 9.30am Reflection AS

 11.00am Coffee Break (silent)

 11.20am Reflection AS continued

 1.00pm Lunch

 2.30pm Optional Silent walk approx. 1 hour

(weather permitting)

 *Along the route there will be a number of stops with an*

 ***Invitation to notice***, AS

 3.30pm Tea (silent)

 4.00pm Reflection AS

  **Saturday** 6.00pm Supper (silent)

 **Contd.**  7.30pm Silent Soiree….. an invitation to share

 *You are invited, if you wish, to share a short piece/poem you*

 *have written, or which has engaged you written by another.*

 *You may wish to think about this in the days leading up to*

 *the weekend. Pieces to be 2/3 minutes long*

**Sunday** 8.30am Breakfast (silent)

 10.00am Mid morning Agape

 *an informal poetic sharing of bread and wine*  AS

 12.30pm Lunch ( not silent)

 2.00pm Depart