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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