

**FMC ALL – MEETING RETREAT - MARCH 20 - 22, 2015**  
**NOTRE DAME SPIRITUAL CENTER, ALFRED, MAINE**

## **SPIRITUALITY IS...**

Prayer? Witness? Worship? Social  
Justice? Joy? Nature? Meditation?  
Community? Spiritual Nurture?  
Pastoral Care? Activism? Anger?

Think for a moment about Spirituality as a “COLLAGE” -- made up of different materials, different pictures, and different perspectives that come together to create a single “artistic composition.” This retreat provides an opportunity to playfully and intentionally consider the pieces of the collage that is our *Spiritual Life at FMC*.

The retreat offers a great opportunity for reflection, relaxation, fellowship, learning, and connections. Through small and large group formats we will explore the theme of "*Spirituality is...*". ANYONE is welcomed to attend - newcomers, attenders, members, families, couples and individuals. On-site childcare and activities are provided by FMC along with ride-share coordination. Sliding scale cost: \$125-\$175; Children - no charge. Some partial scholarships available. **Register by: Sun March 15th!!!** For more information contact: Jan Nisenbaum (jan.nisenbaum@comcast.net; 978-270-5341).

### **Friday, March 20**

5:00 pm – on

**Arrival, room assignments, sign the clean-up volunteer sheet**

7:30 pm – 9:00

**Welcome / Introductions / Getting to Know Each Other**

Activity: Creating Our Individual Spiritual Profiles: What Makes Up the “Collage” of our personal sense of spirituality?

### **Saturday, March 21** - (Breakfast @ 8:05)

9:00 – 10:15

**Exploring Spirituality in Community**

*What Are the Myriad of Ways We Reflect Our Spirituality at FMC?*

10:30 – 12 pm

**Addressing the Dilemmas that Challenge Our Communal Spiritual Life**

*Small Group Activity that poses “real life” challenges & considers how we as a community respond to those challenges.*

12:05 – 5:30

**Lunch / Free Time for Fellowship, Hiking, Reading, and Games (Dinner @ 5:35)**

6:30 – 7:30

**What Roles Do Anger and Conflict Play in our Spiritual Lives?**

*Can anger be a reflection of Spirit? How does conflict strengthen, deepen or weaken our spirituality?*

7:30

**Inter-generational activity – Creating an FMC Spirituality Collage**

### **Sunday, March 22** - (Breakfast @ 8:05)

9:00- 10:15

**Reflections on Deepening Spirituality at FMC**

*What did you learn this weekend about what is included in and/or enriches your personal spiritual life? What observations would you make about the FMC “Spirituality Collage?”*

10:30

**Meeting for Worship and Closing Worship Sharing**

12:05

**Lunch and Farewells**