**Possible Retreat Topics and Activities**

Do not try to fit all of these into one retreat! Select just a few for your retreat.

Suggested times are minimums.

Welcome

* Opening prayer (5 min)
* Introductions (10 min)
* Schedule, confidentiality, etc. (10 min)

Possible group exercises:

* Psalm 46:10 (10 min)
* Reflective Prayer (15 min)
* Group Lectio form (30 min)
* The Mystery of God (10 min)
* Holding a Baby (10 min)
* Recalling Someone Special (10 min)
* Checking for effortlessness (10 min)

Experiencing other Companioned Prayer forms:

* A form for each church season (10 min)
* Intercessory form
	+ discussion (10 min)
	+ paired experience (45 min)
	+ sharing (5 min)
* Abbreviated forms
	+ discussion (5 min)
	+ paired experience (40 min)
	+ sharing (5 min)
* Paired Lectio form
	+ discussion (5 min)
	+ paired experience (45 min)
	+ sharing (5 min)

Personal sharing

* Why sharing, rules & scope (10 min)
	+ Sharing or our Companioned Prayer experiences, their personal context and importance, and how they may relate to scripture
* Sharing (10 – 20 min per person)

Discussion topics:

* The Handouts (15 min)
* The loving heart of Jesus – with lots of sharing (60 min)
* CP in ministry (45 – 50 min)
* CP and the Church
	+ Potential for the Church (10 min)
	+ CP experiences and those of the saints (30-45 min)
* Questions and answers / open discussion (20 – 40 min)
* Challenges or difficulties with the prayer (20 – 40 min)
* Growing CP groups
	+ general discussion (10 min)
	+ mentor preparation (10 min)
	+ outreach (10 min)
* Fellowship (10 min)
	+ planning (10 min)
* History of Companioned Prayer (30 min)
* The CPCF
	+ who we are (10 min)
	+ the website (20 min)
* Private time (45 – 60 min)
	+ prayer/contemplation
	+ reading
	+ the labyrinth
	+ sitting
	+ walking
	+ resting
	+ visiting
* Other breaks
	+ brief breaks (10 – 15 min)
	+ lunch (45 – 60 min)
	+ dinner (60 min)