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Labyrinth Creation and Meditation Retreat

January 24-26, 2020

Lutheranch Camp and Conference Center, Tallapoosa, GA

Start the new year by joining us for a weekend of meditation, contemplation and relaxation at Lutheranch. Learn new techniques to help manage stress, improve mindfulness and strengthen your prayer life as you grow closer to God. The weekend will include opportunities for group meditation, silent reflection, prayer, yoga, and labyrinth building, ending with a Taize worship service on Sunday morning. Each participant is asked to bring a stone that has personal significance to contribute to our new prayer labyrinth.

What is a Prayer Labyrinth?

A labyrinth is not a maze. It is a path designed to provide space to walk and pray reflectively. It is an ancient form of prayer that invites our bodies to participate in the process as we follow a path that mirrors the winding and circuitous journey of faith. There is one entry point, a single path to follow to the center, towards God. Your arrival at the center symbolizes union with God. As you exit from the center, you return with God back to the world. During the retreat, we will learn practices for walking the labyrinth that we are creating together.

Here are some things you should know about the retreat:

- **Check-in begins at 4pm on Friday, dinner is at 6pm, and the first session will begin at 7pm.** You should plan to arrive by 6pm, in time for dinner.
- **Check-out is at 12pm on Sunday.** We ask that guests have all their luggage and personal belongings removed from their guest rooms and keys returned to the front desk by check-out time
- **Travel:** The GPS address for Lutheranch is 440 Salem Church Road, Tallapoosa, Georgia. Once you turn on Salem Church Road, you will see signs for Lutheranch. If you are delayed and will arrive after 6:00pm, please let us know by contacting Christina Yarnold at 678-857-8501. Note, there is construction on I-20 between Atlanta and Lutheranch. We recommend allowing for extra travel time to compensate for potential delays.
- **Lodging:** Guest accommodations will be provided in our new McKanna-Sandrock Retreat Center (opened in 2017). All rooms are hotel style with 2 queen beds and private bathrooms. Due to the contemplative nature of this retreat, each participant will be given with their own private room.



- **Meals:** All meals are included in the retreat cost, from dinner on Friday through breakfast on Sunday. Dietary restrictions can be accommodated if we are notified at least 2 weeks in advance.
- **Labyrinth Building Activities:** One of the central activities for this retreat is working together as a community to build the new outdoor prayer labyrinth at Lutheranch, to be used by guests for years to come. The labyrinth will be located on a forested hill, a short walk from the retreat center. Building activities will include raking paths, removing twigs and branches, and collecting rocks and fallen wood to mark paths and create cairns (piles of stones). Some activities will be labor intensive and although we encourage all retreat attendees to participate, participation in labyrinth building activities is not required to attend the retreat.
- **Plan for Silence:** From Friday evening into Saturday morning we will be encompassed in a period of sacred silence. This means that we will be asking retreat participants to refrain from any kind of communication with others, whether verbal or written, including electronic communications with the outside world. This provides for a quiet space to be still and hear God, a precious opportunity in our chaotic and loud world. We ask participants to inform friends and family of this quiet period ahead of time so they are not alarmed when they “disappear” and cannot be reached for a period of time.

What should I bring?

Rain or shine, many of our activities will be outside so please plan accordingly.

- Stone to contribute to the labyrinth
- Comfortable clothes
- Sneakers, hiking boots or comfortable walking shoes
- Work gloves/clothes that can get dirty
- Raincoat or poncho (just in case!)
- Warm jacket for cool evenings
- Flashlight or headlamp
- Notebook/journal and pen
- Bible (if you have a favorite translation)
- Toiletries, medications
- Guitar or other musical instrument for campfire time (optional)
- Reusable water bottle
- Bells or chimes to hang near labyrinth (optional)

About the retreat leaders:

We are blessed to have two experienced spiritual leaders guide us through the weekend activities.



Craig Storlie is an ELCA Pastor and has been practicing various ways of contemplative prayer for over 30 years. He became a Spiritual Director in 1994, receiving his training at Cenacle in Houston. Craig currently works as a retreat leader, instructor in ways of prayer, and Spiritual Director.



Jill Kneuppel is a yoga instructor and massage therapist, practicing in north Atlanta since 1998. Her interests and passions include music, traveling, learning, and increasingly, volunteering to make the world a more peace-loving place.

We look forward to welcoming you to Lutheranch!

Christina Yarnold, Lutheranch Executive Site Director (cyarnold@novusway.org)

Retreat Schedule (tentative)



FRIDAY – January 24, 2020

4:00 – 5:30 pm	Arrival, welcome and settle in
5:30 – 6:00 pm	Self-guided get to know each other activities
6:00 – 7:00 pm	Dinner and community building exercise in table groups
7:00 – 7:45 pm	Opening Session
7:45 – 8:00 pm	Walk to bonfire location
8:00 – 9:00 pm	Bonfire activities at center of labyrinth and Evening Session
9:00 pm	Silent portion of retreat begins (sounding of chimes)

SATURDAY – January 25, 2020

(Silence continues until 11am on Saturday morning)

7:30 – 8:30 am	Yoga
8:30 – 9:15 am	Breakfast (in silence)
9:15 – 10:00 am	First Morning Session
10:00 – 11:00 am	Free time for reflection, meditation, journaling
11:00 am	Silent time ends (sounding of chimes)
11:00 – 12:00 pm	Second Morning Session
12:00 – 1:00 pm	Lunch
1:00 – 1:30 pm	Afternoon Session
1:30 – 5:00 pm	Labyrinth building activities outside
5:00 pm	Walk the labyrinth as a group
6:00 – 7:00 pm	Dinner
7:00 – 8:00 pm	Evening Session
8:00 – 8:30 pm	Group Meditation
8:30 – 10:00 pm	Free time (luminaries set up for walking labyrinth at night, social and quiet spaces designated, bonfire and s'mores available on back patio)

SUNDAY – January 26, 2020

8:00 – 8:45 am	Morning meditation and stretches/yoga
8:45 – 9:30 am	Breakfast
9:30 – 10:15 am	Closing Session
10:30 – 11:30 am	Taize Worship Service (at outdoor worship area by lake, weather permitting)
11:30 – 12:00 pm	Check out of rooms
12:00 noon	Retreat ends

Note, guests must be checked out of rooms by noon, but are welcome to stay until 1pm to walk the labyrinth a final time before departing.