



## General Retreat Objectives

### Friday afternoon and evening

#### Objectives

- Build and sustain the intentional spiritual community.
- Facilitate changing focus from our day-to-day lives to our inner lives and to the spiritual life of the group.
- Share feedback from previous retreat.
- Introduce the theme and heart of the retreat.
- Welcome any guest facilitators.
- Acknowledge and honor those not present.
- Review the group agreements.
- Become centered on the spiritual aspects of the retreat.
- Create the context<sup>33</sup> for the retreat.

### Saturday morning and afternoon

#### Objectives

- Sustain the intentional community.
- Practice reaching deep within ourselves to find comfort and strength.
- Learn about the topic/focus of the retreat; gain new knowledge that might be cognitive, experiential, emotional and spiritual; approach experiences with the beginner's mind. (Extend the context.)
- Become aware of our emotional landscape and notice how it is affecting our experience and our responses.
- Understand how to integrate what we have experienced.

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33. In *Quest* the term "context" refers to the structure that supports the themes, practices, and process.

