

Luminous moment, Luminous Word Retreat Schedule August 4-6

At the Sheyenne Oaks Campground near the Sheyenne National Grasslands

Note to Participants: It is very important to register and to arrange for lodging early because this retreat opportunity is very popular and limited to 30 people. We held the first one three years ago at the same location with Debra Marquart and it sold out quickly. So, now is time to jump into this adventure that assures delight and personal growth.

The \$80 registration fee covers your food for three days, excluding the box lunch in McLeod. The rest of the program costs are being underwritten by the ND Humanities Council and their "Think Outside" project. There are a wide range of lodging options available to you with the least expensive being the bunkhouse or tent camping. There are showers available at the camp and a refrigerator in the Hopwell House. Ice is available and coolers are encouraged for individual beverages and snacks.

Associated reading and study options:

- "Writing Down the Bones," by Natalie Goldberg
- "Practice of Contemplative Photography," by Andy Carr and Michael Wood
- "Bird by Bird," by Anne Lemont
- "Big Magic: Creative Living Beyond Fear," by Elizabeth Gillbert

Friday, August 4th

8:00-9:00 - Check In - Outside Hopwell Bunkhouse

Set up in campsite, cabins, RV Hook-ups or at the Hopwell Bunkhouse

Meditation Brochure, Walking Maps, Grasslands Brochures and retreat schedules

distributed; Rota established

Settling in... explore the grounds and meet friends. The Hopwell Bunkhouse will be central headquarters with most food prepared in the house and eaten outside. A rota will be established with participants assigned to various jobs related to food preparation and clean-up.

The Meadow will be the central location for teaching segments, the entertainments and mindfulness instruction and practice. Ample shade is available throughout the day as we move with the sun.

9:30 - Welcome by Dawn Morgan with introduction of key personnel and attendees (Meadow)

Shamata (Peaceful Abiding) **Sitting Meditation** Instruction with Dawn

“Practicing Walking Meditation” - Instruction given

Introduction of “Silence Practice”

10:00 - Introduction to the retreat and a writing session with Debra Marquart (Meadow)

Writing Exercise: “Aimless Wandering- Exploring and Gathering (with sharing)”

Discussion: “Where writing ideas come from, how to find them, how to capture them.”

11:00 - **Silent** Snack, Study or Reading Break (Meadow)

11:30 - **Photography segment** with Lynn Fundingsland - “Mindful Imaging” - contemplative photography instruction with practice on a short walk (meet in the meadow)

12:30 - Quick **Lunch** pick-up at the Bunkhouse followed by your choice: individual walks in the grasslands, contemplative photography, walking or sitting meditation, rest, study, or writing

1:30-2:30 - Carol Kapaun Ratchenski will guide a **meditative writing process** developed by

Natalie Goldberg author of “Writing Down the Bones,” and other books on writing and meditation. (Meadow)

2:30 - Laurie Baker (Meadow): “Root and Sing: The Yoga of Trees”

3:00 - **Contemplative Practice** and snack on your own

3:30-4:30 - Debra Marquart (Meadow)

Writing Exercise: “Mulling, Finding Patterns and & Sensory Exploration”

Discussion: “Beyond the good idea, how to grow, expand, deepen your work”

5:30 - Beginning food prep with Darlene Musland of Edgeley, ND. This is a coordinated meal featuring outdoor **cooking education with Dutch Ovens**, followed by dinner and a campfire at the Hopwell Bunkhouse

Evening: Individual Contemplation, Study, Reflection and Rest

Saturday, August 5th

8:00 - Breakfast at the Hopwell Bunkhouse

9:00 - Meditation Instruction and Practice with Dawn Morgan

9:30 - Rise and Shine in with Laurie Baker (Meadow): “Dance and Chirp: The Yoga of Birds”

10:00 - Stacey Swenson, District Ranger with the Sheyenne National Grasslands will lead a public **naturalist walk** and talk titled, “The Shifting Sands of the Sheyenne.” The walk will focus on the history of the grasslands, identification of natural features, plants and animals, followed by refreshments in the meadow and a **generative writing exercise** (instruction by Carol)

Noon - Lunch served at the Hopwell Bunkhouse

1:30 - Laurie Baker (Meadow): “Bend and Whisper: The Yoga of Grasses”

2:00 - Debra Marquart (Meadow)

Writing Exercise: “Manifesting Inner Wishes”

Discussion: “So, I’m writing. Now What? Revising, Polishing, Publishing”

3:00 - Mid-afternoon **break**, refreshments available at the Bunkhouse, rest and relaxation

4:00 - **Writing Practice** with Carol Kapaun Ratchenski

5:00 - **Group meal preparation** at the Bunkhouse

6:00 - **Dinner served** - Outdoor Grilling

8:30 - **Evening campfire** with Deb Marquart (Meadow) discussing songwriting, followed by a reading and songs from her own work, “Small Buried Things: Poems and Songs” followed by a sing- along

Evening Rest and Relaxation

Sunday, August 6th

8:00 - Pick up Breakfast at the Hopwell Bunkhouse and join us in the Meadow.

Silent Breakfast, Mindful Eating and Meditation (Meadow) followed by individual Walking

Mediation or other contemplative practices

9:15 - Laurie Baker (Meadow): “Rest and Center: The Yoga of Stones”

10:00 - Writing Practice with Carol Kapaun Ratchenski

11:00 - Clean-up and striking of camp in preparation to leave for lunch in McLeod

12:00 - Gather in meadow for ceremonial close of retreat

12:30 - Leave camp for lunch in McLeod

2:00 - Public Event at the McLeod Schoolhouse - Performance by Deb Mar-quart:

“Things We Lost in the Fire: A Meditation on Resilience & Patient Tenacity”

Description: In 1980, Marquart was a performing musician, traveling around the Midwest with her six-piece rock band when the unimaginable happened—the truck of equipment containing all her band’s instrument and gear was destroyed by fire. Out of this personal catastrophe, Marquart devised a strategy for going on—something she calls “patient tenacity”—which is more of a process than an end-in-and-of itself. At the McLeod Schoolhouse, Marquart will read from her developing book *The Listening Room*, which she describes as a “is a meditation on the pleasures and privileges of singing, an autobiography of dreaming and catastrophe, and a treatise on the lost art of listening.” She will also perform some of her own music.

3:00 - Group disperses in each their own direction