

Begin a New Life

Morning Retreat

Leader Guide

Note: For a full description of how to run this retreat, go to the *Begin a New Life* website (www.BeginaNewLife.info) ⇒ *Group Activities* ⇒ *Morning Retreats*. Scroll down and click on the *Leader Guide*.

9:00 AM Opening activities

1. Opening prayer
2. Check-in
 - a. One highlight from each person's day or week, an opening comment, or one hope for the morning.
 - b. No cross talk or conversation.
 - c. Acknowledge each person's contribution with brief words of "Thank you" before moving on to the next person.
 - d. Groups larger than eight are broken into groups of four to eight.

9:15 Overview

1. Review the outline for the morning.

9:20 Main session: The BNL process

1. Attendees go off private locations within the facility or outdoors.
2. Each person uses a "Full" set of BNL worksheets to go through the entire process for one particular issue in his or her life.
3. People who are new to the process remain behind for a brief overview of the process. Afterward, they go off to private locations to practice.

10:45 Communion with God

Note: This ritual includes the following features, some of which are optional:

1. Everyone is invited to kneel (for the duration of the communion).
 - a. Those who can't kneel for the entire time remain seated.
2. An opening prayer is offered by the group leader, an attendee, or several people creating an additive prayer.
3. People receive the communion bread, then the wine and/or its alternative, from the group leader, and pass them from person to person. Each person eats and drinks.
4. A closing prayer is offered by the group leader, an attendee, or several people creating an additive prayer.
5. Those who have been kneeling rise and take their seats.

Note: People who can't stay till noon depart at this point.

11:00 Sharing & Discussion

1. People take turns sharing their experience of the process.
2. If the group is larger than eight, consider breaking into groups of four to eight. After everyone's had a chance to share, the floor is open for whole group discussion.
3. *Sharing & Discussion* lasts up to forty-five minutes.

11:45 Closure

1. Closing comments
 - a. One closing comment per person.
 - b. No cross talk or conversation during this part of the meeting.
 - c. Acknowledge each person's contribution with the words, "Thank you," before moving on to the next person.
 - d. Groups larger than eight are broken into groups of four to eight.
2. The Lord's Prayer
 - a. The group stands, holds hands, and says *The Lord's Prayer* together. Those who prefer to listen may do so.

12:00 End time

Unleavened Bread

Recipe

- 1 cup unbleached, sifted flour
- 1/3 cup olive oil
- 1/2 teaspoon salt
- 5 teaspoons water

Mix thoroughly to form non-sticky dough for rolling. (Note: If the dough is too dry and doesn't hold together, add tiny amounts of water until it does. Too *much* water will make the final product dense and hard.)

Roll between wax paper (to 3/16-inch thickness) and cut in circles using a water or wine glass like a cookie cutter.

Bake at 350° F for 18 to 20 minutes until golden.