

**JOURNEY TO THE CENTER RETREAT**

**October 7th - 10th, 2010**

| Thursday, October 7th  | Friday, October 8th   | Saturday, October 9th   | Sunday, October 10th  |
|--|---|---|---|
| <p><b>Welcome to Unity Village</b></p> <p>You bless us with your presence!</p> <p>This schedule will help you know what activities are planned during your retreat. Listed at the end of this schedule are some helpful tips.</p> <p>If you have any questions, please call Unity Reservations at ext. 3540.</p> | Optional YOGA 7:00 - 8:00 AM (SLC)  | Optional YOGA 7:00 - 8:00 AM (SLC)  |   |
|  | BREAKFAST 7:30 - 8:30 AM (INN)  | BREAKFAST (IN SILENCE) 7:30 - 8:30 AM (INN)   | BREAKFAST 7:30 - 8:30 AM (INN)  |
|  | MORNING PROGRAM 9:00 - Noon (SLC) With Monique Mandali  | MORNING PROGRAM 9:00 - Noon (SLC) With Monique Mandali  | GATHERING CIRCLE 8:45 - 10:15 AM (SLC) With Rev. Paulette Pipe/Monique Mandali  |
|  | LUNCH (INN) Noon - 1:00 PM  | LUNCH (INN) Noon - 1:00 PM  | Unity Village Chapel Service (Optional) (AC) 10:30 AM   |
| CHECK-IN AND WELCOME (SLC Lobby) 3:00 - 5:00 PM  | INTERACTIVE AFTERNOON PROGRAM (SLC) Drumming Circle 1:30 - 2:30 PM  | INTERACTIVE AFTERNOON PROGRAM (SLC) Moving into the Center 1:30 - 2:30 PM   | <p><b>SpiritPath Retreat Team Members &amp; Volunteers</b><br/>Patricia McNinch, LUT</p> <p><b>SpiritPath Retreat Presenters</b><br/>Monique Mandali<br/>Rev. Paulette Pipe</p> <p><b>SpiritPath Guest Musician</b><br/>TBD</p> <p><b>Helpful Tips</b></p> <ul style="list-style-type: none"> <li>• Please wear your nametag at all times during the retreat. Your nametag serves as your admission to all events and is also your meal ticket if you have purchased a meal package.</li> <li>• In case of emergency, call ext. 2222.</li> <li>• Please check out of your rooms by 11:00am on Sunday. A later check-out can be requested, but if it is not possible, your bags can be checked until your departure.</li> <li>• The Peace Chapel is open around-the-clock for personal prayer and meditation. You can also dial 0 on any Unity Village phone and ask to be connected with the Silent Unity Telephone Prayer Ministry for prayer.</li> <li>• WIFI Internet access is available in the Unity Bookstore &amp; Coffeeshop, Fellowship Lounge, the motel rooms, within the Spiritual Life Center, and in the Library.</li> <li>• Unity Village Coffee Shop &amp; Bookstore hours: Posted</li> </ul> <p>Unity Library hours: Friday and Sunday Noon - 4 PM; Saturday closed</p> <ul style="list-style-type: none"> <li>• Unity Village is a wildlife preserve; please take precautions when walking on trails and going into wooded areas. A suggestion is to program the Unity phone number (816-524-3550) into your cell phone and carry it with you.</li> </ul> |
| ORIENTATION With SpiritPath Team (INN) 5:00 - 5:30 PM  | PERSONAL REFLECTION AND SACRED SOLITUDE TIME 2:30 - 5:30 PM<br>Optional Activities<br>Seated Massage* 2:30 - 5:30 PM (Cottage B-West)<br>Afternoon Meditation 3:00 - 3:30 PM (FC) | PERSONAL REFLECTION AND SACRED SOLITUDE TIME 2:30 - 5:30 PM<br>Optional Activities<br>Seated Massage* 2:30 - 5:30 PM (Cottage B-West)<br>Afternoon Meditation 3:00 - 3:30 PM (FC) |   |
| DINNER (INN) 5:30 - 6:30 PM  | DINNER (INN) 5:30 - 6:30 PM   | DINNER (INN) 5:30 - 6:30 PM   |   |
| EVENING PROGRAM CREATING SACRED SPACE With Monique Mandali and Rev. Paulette Pipe 7:00 - 8:30 PM (SLC)   | EVENING PROGRAM With Rev. Paulette Pipe 7:00 - 8:30 PM (SLC)  | EVENING PROGRAM With Rev. Paulette Pipe 7:00 - 8:30 PM (SLC)  |   |
| REFRESHMENTS (SLC) 8:30 - 9:00 PM  | REFRESHMENTS (SLC) 8:30 - 9:00 PM   | REFRESHMENTS (SLC) 8:30 - 9:00 PM   |   |
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(FC) = Fillmore Chapel (BK) = Unity Village Coffee Shop and Bookstore (INN) = Unity Inn (SLC) = Spiritual Life Center Main Conference Room

\* 20 minute Chair Massages are available for \$25; schedule and pay at the SLC Reservations Desk

**PRELIMINARY SCHEDULE - Subject to Change**

**SC071**