

Sponsored by the
Association of Lutheran Church Musicians,
Hearts • Hands • Voices
events are affordable, practical workshops
with a focus on skill-building.
Events focus primarily on the work of church musicians
and others involved in worship planning
and are open to people of all denominations.

For information on upcoming workshops, go to ALCM.org.
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Lindenwood Retreat & Conference Center

“RECEIVING THE DAY” A Retreat Preceding the Institute of Liturgical Studies

Sunday, April 19 – Monday, April 20, 2020
Lindenwood Retreat Center, Donaldson, Indiana

Dorothy Bass and Lorraine Brugh, leaders

In the second week of Easter, this 24-hour retreat will be an opportunity to live into a time and space away from our church vocations. Through presentations, spiritual practices, and conversations, retreatants will explore various ways to rest, recuperate, and recover from the busyness of the Lent and Holy Week liturgies. Using the book *Receiving the Day: Christian Practices for Opening the Gift of Time** by Dorothy Bass, the retreat will follow the book’s patterns in looking into our use of time in everyday lives. Spiritual practices will include contemplative walking, journaling, labyrinth, spiritual conversation, worship, centering prayer, and hospitality.



**Receiving the Day*, ©2019 Fortress Press, by Dorothy Bass, originally published in 2000, will be available at the retreat.

REGISTRATION

Register online at ALCM.org or return this form to:
ALCM, 810 Freeman St., Valparaiso, IN 46383

Registration fees

Registration fee includes 3 meals (Sunday dinner and Monday breakfast and lunch). Single or double room accommodations are available for those staying at the conference center.

- Registration—no housing (\$100) I will be driving from Valparaiso to Lindenwood
 Registration—single room (\$186) I will need a ride from Valparaiso to Lindenwood
 Registration—double room (\$143)
 I will be sharing the room with _____

Please list below any dietary or accessibility issues of which we should be aware.

ADDRESS _____

CITY _____

STATE/ZIP _____

DAYTIME PHONE _____

EMAIL _____

Payment (check or credit card) must be included with registration. Make checks payable to "ALCM" and mail with registration form to: ALCM, 810 Freeman St., Valparaiso, IN 46383.

To pay by credit card (MC/Visa/AmEx/Discover), complete the following information:

Card # _____ Expiration _____ / _____

Name on card _____ Total to charge: \$ _____

Be sure to register early as space is limited.

SCHEDULE

Lindenwood Retreat & Conference Center is on Eastern time.
Valparaiso is on Central time.
Times listed below are Eastern time.

Sunday, April 19, 2020

- 1-3 pm Arrival, check-in, settle-in
Coffee and snacks in Evergreen Room
- 3:00 Walking tour of grounds
or
Journaling workshop #1 – using Ignatian retreat elements
- 4:00 Plenary session – Receiving the Day
Spiritual Practice of Sabbath
- 4:45 Vespers in chapel
- 5:15 Dinner
- 6:00 Walking tour of grounds
or
Centering prayer and *Lectio divina*
- 6:30 Plenary session – Receiving the Day
- 7:15 Walking the labyrinth
- 9:00 Compline in chapel
- 9:20 Hospitality in Evergreen Room
or
Silent retreat on your own

Monday, April 20, 2020

- 7:30 Matins in chapel
- 8:00 Breakfast
- 9:00 Plenary session – Receiving the Day
- 10:00 Guided spiritual walk
or
Centering prayer and *Lectio divina*
or (if feasible)
Yoga
- 11:00 Plenary session – Receiving the Day
- 12:00 Midday prayer
- 12:15 Lunch
- 1:00 Depart for ILS seminars
or
Stay at Lindenwood for spiritual conversations, walking grounds, or silent retreat

