



2022 “Take Heart” Tentative Retreat Schedule – Federal Way, WA

Monday, October 17

- 2:30 Event Check-in
- 3:00 Opening Worship
- 3:45 Welcome/Meeting and Greeting
- 4:15 Setting the Scene: Ministry and COVID-19 Days (Yahnke)
- 5:30 Dinner
- 6:30 Loneliness/Isolation: Care for Our Own and Care for Others (Fleming)
- 7:45 Evening Prayer Office
- 8:20 Welcome Reception

Tuesday, October 18

- 8:00 Breakfast
- 8:45 Morning Prayer Office
- 9:30 Anatomy of Burnout (Yahnke)
- 10:30 Break
- 11:00 Prayer and Meditation: Spiritual Self Care and Meditation (Fleming)
- 12:00 Lunch
- 1:00 Equipping Pastors for Resilience in Ministry I (Yahnke)
- 2:00 Break
- 2:30 Promoting Peace in the Parsonage (Fleming)
- 3:30 Break
- 4:00 Take Heart! – Table Talk (Fleming/Yahnke)
- 5:30 Dinner
- 8:00 Evening Prayer Office
- 8:30 Evening Snack

Wednesday, October 19

- 8:00 Breakfast
- 8:45 Morning Prayer Office
- 9:30 Responding to Judgment: The Matter of Conscience (Fleming)
- 10:30 Break
- 11:00 Equipping Pastors for Resilience in Ministry II (Yahnke)
- 12:00 Lunch
- 1:00 Goal Setting
- 2:00 Evaluation
- 2:15 *Itinerarium*