

# Descent into the Heart

A journey through scripture and spiritual practice  
toward intimacy with God

a spiritual retreat with **Kat Goheen**  
Hills of Peace June 24 – 26, 2022

## Friday, June 24

- 12:00 Gather & Get Settled
- 1:00 Welcome and Introductions
- 1:15 Session 1 *bring your heart*
- 2:30 Break
- 3:00 Session 2
- 5:00 Dinner & Clean Up
- 7:00 Taize

## Saturday, June 25

- 8:00 Individual morning worship (*optional*) *Small Chapel*
- 8:30 Breakfast
- 9:45 Session
- 11:00 Break
- 11:15 Session
- 12:15 Lunch *in silence*
- 1:30 Individual contemplation time / rest period
- 3:00 Gather in Chapel / Session
- 5:00 Dinner & Clean Up
- 7:00 Sweet Conversations *Dining Hall*

## Sunday, June 26

- 8:30 Breakfast & Camp Clean up
- 10:30 Closing Worship/Communion

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Attendees are invited to bring a heart or heart shaped object as well as a journal and pen.

Director: Brenda Senga ([brenda.senga@gmail.com](mailto:brenda.senga@gmail.com))

**Registration fee: \$125.00** *financial support is available for attendees where a registration fee may cause financial hardship. Attendees should contact their congregation directly. Attendees who are not affiliated with a congregation should contact CWM for further direction.*



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