**THE TBD(iscerned) RETREAT for transitions and endings** (8-9 hours, 2 meals):

Originally created as an opportunity for Concordia College students not leaving Fargo-Moorhead for the Easter weekend of 2011, participants varied in college year. All, however, appreciated the chance to step away from the hectic pace of the end of the academic year, perhaps especially graduating seniors. Feel free to adapt! Created by Jon Leiseth (Vocation Associate, Concordia College – Moorhead, MN) with Melissa Shugarman and Heidi Rogers (Hall Directors, Concordia College).

Four Hopes: 1) Slow down, 2) experience reflection (connections between past

and now; rich associations), 3) encourage ongoing reflection in daily life and 4) make space for individual’s hopes for the retreat

**First Leg of the Journey: Introductions** 10:15-10:30

Introduce names and one hope for the day

Introduce Four Hopes

 “In this moment I am…” free write (5 minutes long)

**Second Leg of the Journey: Chronological Timeline** 10:30-11:15

Chronological timeline of significant engagements

* + This is a timeline of engagements that have significantly formed or transformed you. So this is a timeline that chronologically includes engagements of you “becoming”/evolving and also of engagements during which you were the most you.
	+ This timeline is chronological and can include events, people, etc.
	+ Post-its can be used to color code (people, events, places, discoveries, confidential experiences).
	+ Sample Prompt:
		- What have been your most important decisions, indecisions, transitions, thresholds and experiences of significant change—change could be place (moving) or change of perspective?
	+ Look at other people’s timelines (30 minutes in?)
		- We’re doing this simply to jog our imaginations…not to use someone else’s sense of significance!!
	+ Revisit your own timeline and continue

**Third Leg of the Journey: (Making Connections)** 11:15-11:45

* + Spend time looking at your timeline asking yourself this question: Which of these engagements have strong/significant relationships with other engagements?
	+ Find a way to represent these connections (i.e. draw lines or rearrange post-its).

**Fourth Leg of the Journey: Fill the Well Time** 11:45-12:15

This break gives you a chance to (quickly) check your cell phone and use the bathroom. But this break is for more than that. You decide what you need: Do you need to process or do you need to step away so you can see freshly? Name your need and then pursue it: Walk, draw, journal, listen to music, pray, wander, etc. If you are an external processor and want to enter into conversation, please do so in a small group of no more than 2-3.

**Fifth Leg of the Journey: Timeline Gallery (and Lunch)** 12:15-2:00

Over lunch we’ll share our timelines one at a time. This will be a chance for people to ask questions about the presenting individual’s timeline…and this will be the format. Question. Response. Question. Response. Questions are to be open-ended, non-judgmental, curious and focused on the discovery of the person sharing.

**Fifth Leg of the Journey: Telling Our Stories** 2:15-6:00

The bulk of the rest of our day will be focused on telling (a current and meaningful version) of our lifeStory.

lifeStory givens:

* + Title: My journey to here/now
	+ Telling your story is to take approximately 10 minutes.
	+ Your story is rich and multi-layered; don’t worry about a moral or a message!! If you do, you may very well be oversimplifying!
	+ A few helpful ideas:
		- Find the chronologically earliest engagement that is especially resonant with here/now. Start there.
		- To find your engagements, ask yourself which engagements especially resonate with you in this here/now?
		- As you consider the engagements, ask yourself the question, How were you trans/formed through these events? Or, How were you fully “you” in those engagements.
		- Embrace the juicy associative connections you discovered earlier today. (The events do not need to be causally linked. Maybe that’s just not the juiciest way to go?)

**The Journey Comes Full Circle: Telling Our Stories** 6:15-6:45

Spend at least 15 minutes expanding/rewriting/revising “In This Moment I Am…” Perhaps the list form is no longer helpful. If not, choose a fitting form. Perhaps you have discerned something in the process of this day. Naming it might be powerful/helpful. Once you come to a closing point with that writing, please help us restore the space and prepare to depart. Departure no later than 7pm.