

Seven Thunders
Holy Saturday Virtual Contemplative Retreat
April 11, 2020, via Zoom

Morning

8:45 am - enter meeting and instructions
9:00 am - sitting
9:25 am - walking meditation
9:30 am - sitting
9:55 am - walking meditation
10:00 am - Contemplative Talk by Leonard
10:30 am - sitting/ waking/interviews

12 - 1 pm - lunch and rest

Afternoon

1:00 pm - sitting/walking/interviews
2:30 pm - closing service