

PROGRAMME

Wednesday, April 24 – Arriving to Gratitude

14.00-17.45 Main Arrivals and Registrations

18.00-19.00 Supper

19.00-20.00 Welcome Liturgy and Introductions

Everybody could bring a small object of gratefulness with him/her

20.15 Simple social

Thursday, April 25 - Going Deeper

7.00-7.30 Centering prayer

7.30-8.00 Bodywork in Gratitude

8.15-8.45 Morning Prayer

9.00-10.00 Breakfast

10.00-11.30 Going deeper

11.30-11.45 Getting together again. Getting to know SDE new member candidates.

12.00-12.45 Where are we now? Welcome to Sweden. The spirituality of Swedes and particularly of the members of the Berget Spiritual Centre.

12.00-12.25 Session 1: The spirituality of Swedes and particularly of the members of the Berget Spiritual Centre

Break 10 min

12.35-13.00 Session 2: The spiritual direction in the preachers' movement of the Free Church in Sweden

13.00-14.00 Lunch

14.00-15.00 Free afternoon

15.00-16.30 AGM I part - The reports and discussions (time target no longer than 55 min.)

16.45-17.45 History of SDE (Presentation)

18.00-19.00 Eucharist

19.00-20.00 Supper

20.15-... Social

Friday, April 26 - Being Grateful for the Gifts of God in the Present

7.00-7.30 Lectio Divina

7.30-8.00 Bodywork in Gratitude

8.15-8.45 Morning Prayer

9.00-10.00 Breakfast

10.00-11.30 **1. rounds of workshops**

11.30-13.00 **2. rounds of workshops**

- **„Poetry, Spirituality and Prayer“**
- **“Practicing Gratitude through the Examen”**
- **„St. Bridget of Sweden (1303-1373) designated one of Europe's six patron saints by the Pope in 1999“**
- **“The spirituality of Wilfrid Stinissen”**
- **„The connection between Natural Churchbuilding and Spiritual Direction which is among other things through the Enneagram“**
- **„Jesus doing spiritual direction in the Gospels“**
- **„The spirituality of Martin Lönnebo“**

- **"Growing younger"**

13.00-14.00 Lunch

14.00-15.30 Discussion about the present.

The Pilgrimage to Rättvik's Church

15.30-16.00 Our Pilgrimage from Berget to the Rättvik's Church

16.00-16.30 In the Rättvik's Church: Guided meditation on Gratitude

16.30-17.00 In the Rättvik's Church: Silent meditation on Gratitude

17.00-18.00 In the Rättvik's Church: Eucharist

19.00-20.00 Supper

Silence day introduction /Silence starts

Saturday, April 27 - Gratitude within me in silence

Day in Silence

7.00-7.30 Centering prayer

7.30-8.00 Bodywork in Gratitude

8.15-8.45 Morning Prayer

9.00-10.00 Breakfast

10.00-13.00 Silence Day **options:**

A. 10.00-12.00 Prayer walk on gratitude

B. 12.00-12.30 Silent reflection on gratitude in the Chapel

C. 10.00-10.30 Centering Prayer in the Chapel (I session)

10.30 -11.00 Centering Prayer in the Chapel (II session)

D. 10.30-11.15 Guided silent meditation to building up bracelet construction (I session)

11.30-12.15 Guided silent meditation to building up bracelet construction (II session)

E. 10.00-13.00 Time in nature

F. 10.00-13.00 A fingerlabyrinth with some written information to be taken and done during that silent day

G. To participate the prayer times in the chapel in St. Davidsgarden with local Community

All welcome to join:

7.55 Laudes

12.45 Sext

13.00-14.00 Lunch

14.00-18.00 Silence Day **options:**

A. 14.00-15.00 Emmaus Walk

B. 15.00-16.30 Prayer walks around Berget Spiritual Centre

C. 16.30-17.30 Praying the Scriptures and Jesus Prayer

D. To participate the prayer times in the chapel in St. Davidsgarden. All welcome to join:

17.30 Vesper

20.45 Completorium

E. 14.00-18.00 Time in nature

F. 14.00-18.00 A fingerlabyrinth with some written information to be taken and done during that silent day

18.00-19.00 Eucharist

19.00-20.00 Supper/ **Silence ends**

A more special supper that is dedicated to the SDE 25th Anniversary

20.30-... Social - 25th-anniversary celebrations

Sunday, April 28 - Gratitude for What God Builds in Our Future

7.00-7.30 Lectio Divina

7.30-8.00 Bodywork in Gratitude

8.15-8.45 Morning Prayer

9.00-10.00 Breakfast

10.00-13.00 TRIADS and praying in small groups

13.00-14.00 Lunch

14.00-15.00 Free afternoon

15.00-16.00 Discussion about the future

What is the one thing you value the most about SDE and our annual meetings?

If you could include one new element in the SDE annual meeting program and one new thing in the SDE's current actions, what would that be? Where do you see SDE in the year 2030?

16.15-17.15 AGM II part - elections

17.30-18.30 Eucharist and the blessing of new members and the newly elected EC members.

19.00 Supper

20.15-.....Social

Preparations to Depart

Our Catholic members who wish to receive Catholic communion can attend a Berget Christian Community worship service where Catholic priest Peder offers communion in the Catholic tradition.