

**ANAMCARA APPRENTICESHIP  
YEAR TWO CLOSING RETREAT  
31 May – 1-2 June 2024**

**HARVESTING OUR LEARNINGS**



**DAY ONE: CREATING A LORICA**

Registration		6:00 am (2:00 pm) Pacific Times in GREEN Irish Times in RED
Opening Ritual Honoring our Community <i>Element of Earth: Be Still</i>	Anamcara Team	6:30 (2:30)
Break		7:15 (3:15)
Opening Conference, Part 1 The Celtic Circle <i>Creating a Personal Lorica</i>	Richard Groves	7:30 (3:30)
Break		8:20 (4:20)
Opening Conference, Part 2 The Celtic Circle Saying YES to Change		8:30 (4:30)
Tools for Your <i>Lorica</i>	Maryhelen Zabas	9:15 (5:15)
Meal Break		9:30 (5:30)
Sacred Movement: The Four Airs <i>A Living Brizio's Cross</i>		10:15 (6:15)
Discernment Mini-Retreat – Part 1 <i>Creating your Bas Sona Shield</i>		10:30 (6:30)
Closing Ritual “Dean Trocair Oirann”		1:00 pm (9:00)
Conclude for the Day		1:30 pm (9:30 pm)

*“For the Ceili De there comes a time  
When we feel that if we want to continue to grow spiritually  
We have to begin to dissolve...”*  
**Ceili De Tradition**

**DAY TWO: HEALING OUR RELATIONSHIPS**

Check in		6:00 am (2:00 pm)
Morning Meditation <i>Element of Water: Be Still</i>		6:30 (2:30)
Completing the Celtic Circle <i>The final two directions</i>		
Break		7:15 (3:15)
Track Breakout Sessions: <i>Harvesting Our Learnings</i>	Mentors	7:30 (3:30)
Meal Break		10:30 (6:30)
Discernment Mini-Retreat – Part 2 <i>Facing Your Mortality</i>		11:00 (7:00)
Anamcara Pairs		1:00 (9:00)
Closing Ritual: <i>Element of Air-- Be Still</i> Litany for Healing & Forgiveness		1:30 (9:30)
Conclude for the Day		2:00 pm (10:00 pm)

*“Some tension is necessary for the soul to grow...  
In the Anamcara circle of belonging, we can discover how to put that tension to good use.”  
Richard Groves*



## DAY THREE: DISCERNING THE FUTURE

Check In		6:00am (2:00 pm)
Morning Meditation <i>Element of Fire: Be Still</i>		6:30 (2:30)
Break		7:15 (3:15)
Healing Calm Experience		7:30 (3:30)
Coming Full Circle: <i>Meditation &amp; Farewell</i>	Fionntulach	8:30 (4:30)
Where do we go from here? <i>Anamcara Graduate Opportunities</i> Sharing our <i>Lorica</i>	Anamcara Team	9:00 (5:00)
Break		9:45 (5:45)
Closing Ritual : <i>Summer Solstice</i> <i>Bannock Celebration</i>		10:00 (6:00)
Graduation Celebration		
Retreat Concludes <i>Celtic Thunder Music Video</i>		11:00 am (7:00pm)



*"The bond between soul friends cannot be broken by chance; no interval of time or space can destroy it. Not even death itself will ever separate anamchara."*

**St. John Cassian, 4<sup>th</sup> c**

