



# Rooted

J+WALKERS SUMMER RETREAT

5P WEDNESDAY, 8/16 TO 5P THURSDAY, 8/17  
ST. LEONARD'S RETREAT CENTER, AVON

## Reflection Topics

A Wasted Opportunity  
Plants of the Garden  
Creatures of the Earth  
A Still Lake, A Still Soul

## Activities

Scavenger hunt  
Hiking  
Soccer game  
Frisbee/football/volleyball

## Prayer Opportunities

Stone meditation  
Praise and worship session  
Journaling sessions  
Silent reflection  
Outdoor Mass with Fr. John

## Meals/snacks

S'mores  
Wednesday dinner  
Thursday breakfast  
Thursday snack (x2)  
Thursday lunch