

Example of Follow Me Schedule

Day 1

- 8:30am Arrival. Welcome to CrossRoads! Introduce the mission of the ministry. Offer the expectations and invitations of this retreat.
- 9:00am Take contemplative walk through the neighborhood: notice what you notice about this new place.
- 9:20am Opening processing – what do you see? Begin to create icon with labels of people retreatants will meet on retreat. Introduce the first agency and frame the first day.
- 10:30am Pack brown bag lunches; walk to The Kling Center.
- 11:00am Arrive at The Kling Center. Receive welcome from director. Eat lunch; spend time with new low-income elderly friends; play BINGO; form relationships; have fun!
- 12:50 Walk back to CrossRoads or catch the #25 bus at 12:55pm on Oak Street.
- 1:30pm Afternoon speaker – words from an expert who works with marginalized people and/or a first-hand account from someone living on the edge of society.
- 2:30pm Afternoon break.
- 3:05pm Re-gather; walk to bus stop at 4th & Oak. Catch the #4 bus to Americana Community Center.
- 4:10pm Receive welcome from employee at Americana. Enjoy time with the refugee kids!
- 6:15pm Walk and catch #4 and #25 buses back to CrossRoads.
- 7:00pm Eat dinner; clean up as a group.
- 8:15pm Evening prayer and ritual. What do you see now that you have spent time with the people you met today? Who did you meet? What are you beginning to see below the surface? Anointing ritual.
- 9:15pm Free time until bedtime.

Day 2

- 7:30am Wake-up.
- 8:00am Eat breakfast; clean-up as a group.
- 9:00am Morning prayer. Revisit icon creation; frame the second day.
- 9:45am Catch #4 on Oak to Active Day
- 10:00am Arrive at Active Day. Receive welcome from director of Active Day. Form relationships and have fun with clients!
- 11:55am Catch #4 bus to the Cathedral Lunchroom.
- 12:15pm Arrive to eat lunch at the Cathedral Kitchen; sit down and share a meal with some new friends.
- 1:00pm Catch either a #4 or #6 bus at 6th & Muhammad Ali to Oak Street. Either catch #25 bus or walk back to CrossRoads.
- 1:40pm Closing prayer and processing. How does our icon, now complete, demonstrate our journey from the superficial to the real and holy in people? What has happened to you in this time? What do you see now? How will you be from now on? Commissioning ritual.
- 2:30pm Departure.