



# RETURNING & BECOMING



**KANUGA** *A retreat featuring Pádraig Ó Tuama*

## SCHEDULE PREVIEW

JUNE 12-15, 2023

### Monday, June 12

Arrival and Newcomer Orientation, Supper,  
Evening Gathering & Reception

### Tuesday, June 13

Mindful Meditation -- Hillary Raining

The Poetry of Returning & Becoming --  
Pádraig Ó Tuama

Quiet Reflection -- Go and Be

Returning & Becoming

Music & Centering

The Contemplative Path to Well-Being --  
Scott Stoner

Sabbath -- Go and Be

The Language of Scripture in Poetry --  
Pádraig Ó Tuama

Reception with Pádraig Ó Tuama  
Book Signing

### Wednesday, June 14

Mindful Meditation -- Scott Stoner

The Poetry of Returning & Becoming --  
Pádraig Ó Tuama

Quiet Reflection -- Go and Be

Music & Centering

Cultivating a Sustainable Practice --  
Hillary Raining

Sabbath / Unstructured Time -- Go and Be

Returning & Becoming

Music & Centering

How Great Thou Art -- Living for  
Seven Generations

Reception with Book & Album Signing

### Thursday, June 15

Mindful Meditation -- Robbin Brent

The Journey Continues -- Returning Home  
Closing Worship