

OUTLINE TIMETABLE
EMPOWERING OURSELVES
FLOURISH & THRIVE*



| Time | Event | Speaker/s | Activity |
|------------------------------------|--|--|----------|
| FRIDAY 30th Aug | | | |
| 15.00 onwards | Arrive from 15.00 Welcome desk at HH door Tea & Coffee available in lounge | | |
| 19.00 | Evening Meal Non-Resident guests welcome to book with R&B (numbers limited). | | |
| 20.00 | Welcome to Empowering Ourselves: FLOURISH & THRIVE Sharing Signs of Hope <i>Live, In-Person and Online</i> | Welcome! Introduction Mike Kerrigan MMaC, and International Introductions. | |
| 20.30 - 21.15 | JOAN CHITTISTER EMPOWERING OURSELVES Opening Prayer & Reflections Concluding Prayer. <i>Live, In-person and Online</i> | Joan Chittister, OSB | |
| SATURDAY 31st Aug | | | |
| 8.00 - 9.00 | Breakfast | | |
| 9.00 - 9.30 | Welcome Housekeeping Opening Prayer | | |
| 9.30 - 11.00 SESSION 1 | TONY FLANNERY EMPOWERING OURSELVES: From the Outside <i>Live, In-Person and Online</i> | Tony Flannery, CSsR | |
| 11.00 - 11.30 | Coffee | | |
| 11.30 - 13.00 SESSION 2 | EMPOWERING OURSELVES From the Inside FLOURISH & THRIVE <i>Live, In-Person and Online</i> | Penny Brown | |
| 13.00 - 14.00 | Lunch. | | |

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| 14.00 - 15.30 | FLOURISH & THRIVE - Inspirations: OUR STORIES : <i>Live, In-Person and Online</i> | Tony Cassidy CSsR, Lisa Loveridge, Morag Liebert, Angela Hanley, Penelope Middelboe, Vic Camp. | |
| 15.30 - 16.00 | TEA | | |
| 16.00 - 18.00 | OPEN TABLE - all are welcome ALL HALLOWS, LEEDS, LS6 1NP FLOURISH & THRIVE <i>Live, In-Person and Online</i> | Rev'd Heston Groenewald, Rev'd Ruth Gee, Katharine Salmon, Tony Cassidy CSsR, Rhiannon & Geoffrey Parry Thompson | |
| 18.00 - 19.00 | Free time | | |
| 19.00 | Evening Meal Non-Resident guests welcome to book with R&B (numbers limited). | | |
| 20.00 | Free time Bar available | | |
| 21.30 | Inner Room - short time of prayer in Chapel for those who wish. | | |
| SUNDAY 1st Sept | | | |
| 8.00 - 9.00 | Breakfast | | |
| 9.00 - 11.00 | WHERE DO WE GO FROM HERE? Looking forward. FLOURISH & THRIVE Plenary session. <i>Live, In-Person and Online</i> | Chair: Penelope Middelboe Participation from all. | |
| 11.00 | Coffee | | |
| 11.45 - 12.30 | Closing Liturgy FLOURISH & THRIVE <i>Live, In-Person and Online</i> | Participation from all. | |
| 12.30 | Lunch Non-Residents welcome to book | | |
| 1.30 | Depart. | | |

* some names still be to added; subject to amendment where necessary.