



THE EPISCOPAL DIOCESE OF VIRGINIA

**Clergy Retreat**  
**How to Flourish in Challenging Times**  
**Tuesday, May 4, 2021**  
**Guest Speaker, Rev. Dr. Elaine Heath**

**Agenda**

- 9:30 - 9:40 a.m.      Opening Prayer and Bishops' Remarks
- 9:40 - 10:20      **Session 1: Healing the Inner Fragmentation**  
In this session, we will consider the impact of cultural fragmentation on the soul, and spiritual practices to heal the fragmentation.
- 10:20 - 11:10      Time for Private Reflection  
11:10 - 11:30      Breakout Groups for Conversation over Session 1
- 11:30 - 12:10      **Session 2: One Anothering**  
In this session, we reflect upon the need to turn to others in times like these, our resistance in doing so, and spiritual practices that can help us support and strengthen community.
- 12:10 - 1:10      Lunch and time for private reflection  
1:10 - 1:30      Breakout Groups for Conversation over Session 2
- 1:30 - 2:10      **Session 3: Participation in the Sacred Dance**  
In our final session, we focus on the life of kenosis, or participation in the *missio Dei*, as a source of renewal and deep joy.
- 2:10 - 2:15      Break
- 2:15 - closing      **Question and Answer**  
Announcements  
Closing Prayer