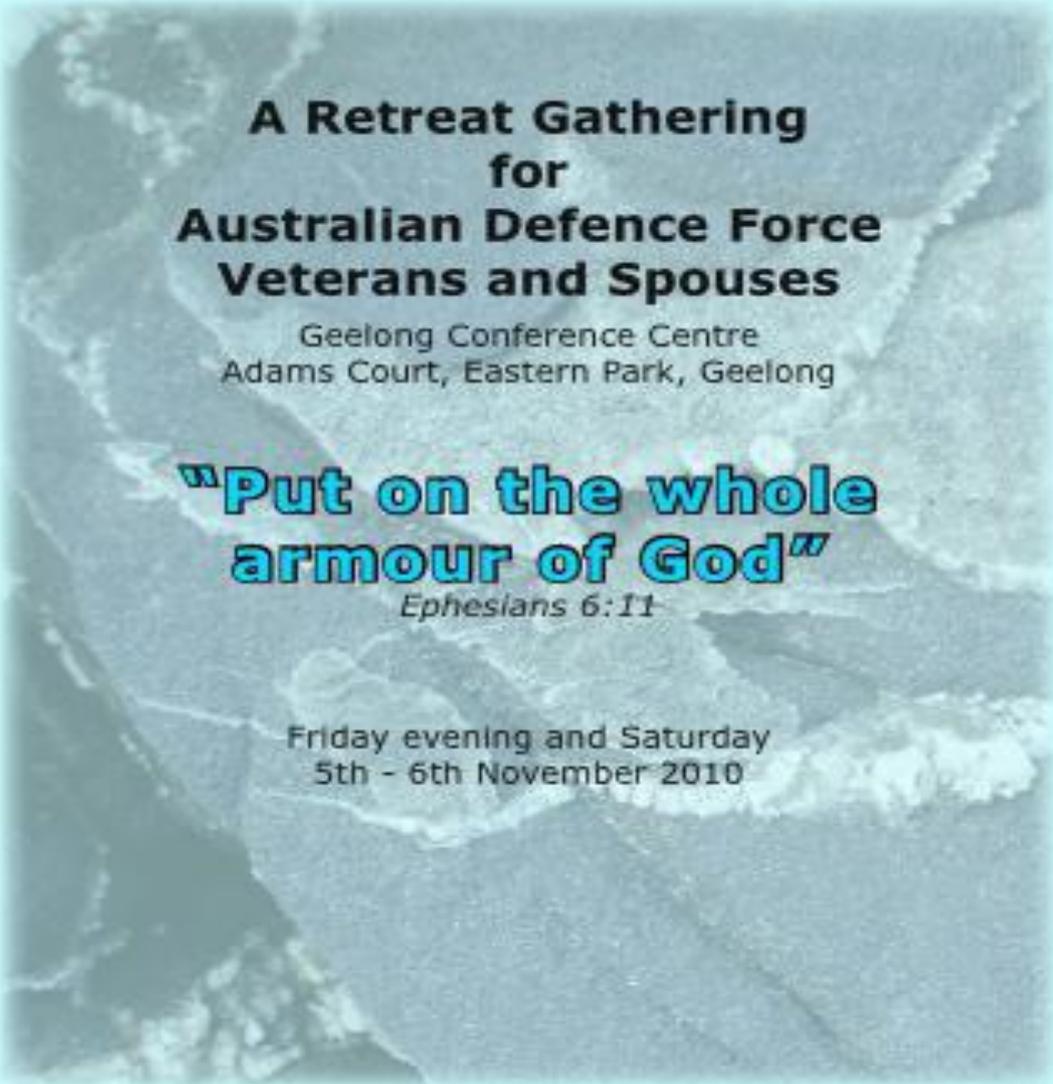


PROGRAM



**A Retreat Gathering
for
Australian Defence Force
Veterans and Spouses**

Geelong Conference Centre
Adams Court, Eastern Park, Geelong

**"Put on the whole
armour of God"**

Ephesians 6:11

Friday evening and Saturday
5th - 6th November 2010

Organised by Veterans Faith and Wellbeing Support
Creative Ministries Network
An agency of the Uniting Church In Australia

RETREAT PROGRAM: 'Put on the whole armour of God' (Eph.6:11)

Friday

7.00 pm

Introduction and welcome

'Being strong in the Lord and in the strength of his might' (Eph.6:10)

Leader invites participants to silent reflection.

- Recall your earliest experience of being strong in the Lord, when you had a sense of God's/Christ's presence strengthening you.
- Now recall your most recent experience of being strengthened by God's/Christ's presence.

After a period of silent reflection, the leader invites participants to share in groups of two with a person they don't know well (30 minutes).

The whole group comes together, and is invited to reflect briefly on the following:

- What it was like to share this time with one other person.

The whole group shares their response, to the extent they feel comfortable, then are led in a discussion about what they found of value in this sharing. This may help clarify how participants experience Christ's strength.

Evening prayer (see 'Worship Resources' for a hymn)

Supper

Saturday

Breakfast

9 am Morning Prayer (see 'Worship Resources' for a litany)

9.20 am Phase one: Shared stories

'Contending against the world rulers of this present darkness' (Eph.6:12)

Testimonies by a veteran and a spouse that focus on connecting the threads of their personal life story:

1. Story before military service
2. During military service
3. Since military service ended.

9.50 am

Small group sharing, with at least one group for veterans and one for spouses, where participants' tell their own stories connecting the threads of their personal life story:

1. Story before military service
2. During military service
3. Since military service ended.

A leader is appointed for each group, and participants are invited to share their story in turn, uninterrupted, and when all have shared, the leader invites reflection on points of connection or contrast between stories.

10.50 am Morning Tea

11.15 am Phase two: Engaging with God's story (faith context)

'Gird your loins with truth' 'take the shield of faith ... and the sword of the Spirit, which is the word of God' (*Eph.6:14,16,17*)

Contemplative exercise with the whole group together in silence (see 'For Contemplation: engaging with God's story').

11.35 am Group sharing in the same groups

12.15 pm Lunch

2 pm Phase three: Nourishing community

'Put on your feet the equipment of the gospel of peace' (*Eph.6:15*)

Singing workshop, including practicing songs for worship

4-5 pm Free time

5-6 pm Phase four: Celebrating community

'Pray at all times in the Spirit' (*Eph.6:18*)

Worship (see 'Worship Resources' for the order of service)

6 pm Tea and farewell.