

<p>7:00–7:45 am Chalet 2 Art Gallery</p>	<p><b>Meditation</b> This is a silent meditation. All practices of mindfulness, stillness, release, and focused awareness are welcome in this space. You can come and go as you wish throughout the hour.</p>
<p>7:30–8:30 am Dining Hall</p>	<p><b>Breakfast</b></p>
<p>8:30–9:15 am Chalet 2 Art Gallery</p>	<p><b>Yoga with Maria</b> <span style="float: right;"><i>Maria Gonzalez, Teaching Faculty</i></span> Maria Gonzalez invites you to a nurturing space where you can connect with your body, quiet your mind, and cultivate a sense of inner peace. Her class will blend traditional yoga principles with a modern approach, making the class accessible for all levels.</p>
<p>8:30–10:00 am Koinonia Creekside</p>	<p><b>Beanies</b> Lattes, Cappuccinos, Mochas, and more - all drinks are \$2! Beanies uses fair trade coffee from Café Mam.</p>
<p>9:30–11:00 am Koinonia Fireside</p>	<p><b>The Art of Nature Journaling, Field Studies</b> <i>Heather Murphy, Teaching Faculty</i> This session is out of doors, describing, drawing and studying the plants and animals of Holden Village. We start with quick drawing techniques, then move on to more detailed observations in art or data recording.</p>
<p>10:00 am Dining Hall</p>	<p><b>Coffee Break</b></p>
<p>11:00–11:45 am Koinonia Creekside</p>	<p><b>Coffee Break Craft</b> <span style="float: right;"><i>Em Greenlund, Art Studio Tech</i></span></p>
<p>12:00–12:45 pm Dining Hall</p>	<p><b>Lunch</b></p>
<p>1:00–2:00 pm Koinonia Fireside</p>	<p><b>Purposeful Love: Another Journey to Wholeness</b> <i>Laura M. Cheifetz, Teaching Faculty</i> In her second session, The Reverend Laura M. Cheifetz will focus on purpose and love. Love - because we are called to love others, and to do so we must continue to learn to love ourselves. She will also discuss how being called into love by the ultimate Love implicates us in action for our world.</p>
<p>2:00–5:00 pm Hotel, Lower Level</p>	<p><b>Holden Store + Post Office</b></p>
<p>2:15 pm Hike Haus</p>	<p><b>Beginner Cross Country Ski Lessons with Corky</b> Join Corky in a beginners' lesson on cross country skiing. Meet at the Hike Haus and dress warmly. No experience required. Sign up at the Village Life Board. Limit 10. Weather dependent.</p>

<p><b>2:30–3:30 pm</b> <b>Chalet 2 Art Gallery</b></p>	<p><b>Meditative Watercolor</b> <i>Rachel Haxtema, Spiritual Life Assistant</i> Art practices provide opportunities for slowing down and awareness of wonder, color and movement in new ways. This meditation is open to all and no art skill or experience necessary! We will take time for breath practice and pause and then allow the colors to guide our meditation and reflection on the themes of the retreat through our art practice. \$2 supply cost.</p>
<p><b>2:30–3:30 pm</b> <b>Pottery Studio</b></p>	<p><b>Ceramic Wall Hangings</b> <i>Hazel Danielsen-Wong, Village Potter</i> Come down to the pottery studio and use premade ceramic shapes and beads to create your own unique wall hanging. Sign up on the Village Life Board in the Dining Hall! Maximum of 8 people, additionally children under 12 must be supervised by an adult.</p>
<p><b>3:00–4:00 pm</b> <b>East End of Dining Hall</b></p>	<p><b>Craft Circle</b> <i>Malena Evig, Fellow Crafter</i> Bring your project and hang out with other crafters!</p>
<p><b>4:00–5:00 pm</b> <b>Koinonia Fireside</b></p>	<p><b>Holden Now &amp; In the Future</b> <i>Mark Bach, Co-Director of Holden Village</i> Come learn how Holden’s mission informs recent infrastructure projects and long-term facilities plans. Primarily in Creekside/Fireside, we’ll close with an easy walk along Main Street to see: the porch renovation project, Narnia playground, the Portal museum, and more. We’ll also share updates on volunteer opportunities, and other ways you can help sustain Holden!</p>
<p><b>5:00–5:45 pm</b> <b>Dining Hall</b></p>	<p><b>Dinner</b></p>
<p><b>6:00–6:30 pm</b> <b>Chalet 2 Art Gallery</b></p>	<p><b>Yoga with Kendra</b> <i>Kendra Johnson, Certified RYT 200 Instructor</i> Do you want to work on your flexibility, move mindfully, or just lay in savasana? Come to yoga with Kendra! All experience levels are welcome. There are mats provided, but feel free to bring a blanket or towel for cushion and comfort. Come as you are for some refreshing stretching!</p>
<p><b>7:00 pm</b> <b>Koinonia Fireside</b></p>	<p><b>Sacred Space: Eucharist</b> We gather as a community to celebrate the breaking of bread together.</p>
<p><b>8:15 pm</b> <b>Dining Hall</b></p>	<p><b>Game Night</b> Join your fellow villagers in an evening full of games in the dining hall!</p>

# Monday, February 3rd 2025

<p>7:00–7:45 am Chalet 2 Art Gallery</p>	<p><b>Meditation</b> This is a silent meditation. All practices of mindfulness, stillness, release, and focused awareness are welcome in this space. You can come and go as you wish throughout the hour.</p>
<p>7:30–8:30 am Dining Hall</p>	<p><b>Breakfast</b></p>
<p>7:30–9:00 am Agape</p>	<p><b>Laundry Drop Off/Pick Up</b> Come drop off your used linens and pick up clean sheets and towels.</p>
<p>9:00–11:00 am Hotel, Lower Level</p>	<p><b>Holden Store + Post Office</b></p>
<p>9:00–9:45 am Koinonia Fireside</p>	<p><b>Matins &amp; Women’s Retreat Closing Session</b> Come together for morning Sacred Space to reflect on our time together. If you'd like to join us for the retreat closing &amp; sending only, please arrive at 9:30.</p>
<p>10:00 am Main Street</p>	<p><b>Bus Departure</b></p>
<p>10:00 am Dining Hall</p>	<p><b>Coffee Break</b></p>
<p>12:00–12:45 pm Dining Hall</p>	<p><b>Lunch</b></p>
<p>12:15 pm Main Street</p>	<p><b>Bus Arrival</b></p>
<p>2:00 pm Koinonia Fireside</p>	<p><b>Guest Orientation</b> Come learn about village life, rhythms, and safety policies. Required for all new arrivals.</p>
<p>3:30 pm Dining Hall</p>	<p><b>Chess Club!</b> <i>August D’Ambruoso, Chess Enthusiast</i></p>
<p>5:00–5:45 pm Dining Hall</p>	<p><b>Dinner</b></p>
<p>5:00–5:45 pm Dining Hall (West)</p>	<p><b>Sermon Feedback and Feedforward</b> A discussion of last week’s sermon followed by a discussion of next Sunday’s text.</p>
<p>5:45–6:45 pm Chalet 2 Art Gallery</p>	<p><b>12 Step Meeting</b> Anonymous addiction recovery. All are welcome!</p>
<p>7:00 pm Koinonia Fireside</p>	<p><b>Sacred Space: Celtic Vespers</b></p>

7:30–9:15 pm  
Koinonia Creekside

## **Men's Group**

An intergenerational and inclusive space for anyone who identifies with the experience of being a man, embracing the diversity of that identity in all its forms. Rooted in respect and mutual support, our group values the unique stories, perspectives, and challenges each member brings. Together we work to challenge traditionally masculine norms and explore themes of personal growth, emotional resilience, and authentic connection.

# Tuesday, February 4th 2025

<b>7:00–8:00 am</b> Portal Museum	<b>Meditation</b> This is a silent meditation. All practices of mindfulness, stillness, release, and focused awareness are welcome in this space. You can come and go as you wish throughout the hour.
<b>7:30–8:30 am</b> Dining Hall	<b>Breakfast</b>
<b>10:00 am</b> Dining Hall	<b>Coffee Break</b>
<b>12:00 pm</b> Dining Hall	<b>Sacred Space: Food For Thought</b> Led by Head Cook Anastasia Thompson!
<b>12:00–12:45 pm</b> Dining Hall	<b>Lunch</b>
<b>1:00 pm</b> Hike Haus	<b>Beginner Cross Country Ski Lessons with Corky</b> Join Corky in a beginners' lesson on cross country skiing. Meet at the Hike Haus and dress warmly. No experience required. Sign up at the Village Life Board. Limit 10. Weather dependent.
<b>3:00–5:00 pm</b> Hotel, Lower Level	<b>Holden Store + Post Office</b>
<b>5:00–5:45 pm</b> Dining Hall	<b>Dinner</b>
<b>7:00 pm</b> Koinonia Fireside	<b>An Evening of Holden Music</b> An open mic for music only! Performers are encouraged to play a few songs if they want to, up to 15 minutes or so for each performance (less if they prefer). Solos, duos, trios, quartets etc. are all are welcome! Sign up at the Village Life Board.
<b>8:00–9:00 pm</b> Portal Museum	<b>Meditation</b> This is a silent meditation. All practices of mindfulness, stillness, release, and focused awareness are welcome in this space. You can come and go as you wish throughout the hour.

# Wednesday, February 5th 2025

7:00–8:00 am Portal Museum	<b>Meditation</b> This is a silent meditation. All practices of mindfulness, stillness, release, and focused awareness are welcome in this space. You can come and go as you wish throughout the hour.
7:30–8:30 am Dining Hall	<b>Breakfast</b>
7:30–9:00 am Agape	<b>Laundry Drop Off/Pick Up</b> Come drop off your used linens and pick up clean sheets and towels.
8:30–9:00 am Portal Museum	<b>Yoga with Kendra</b> <i>Kendra Johnson, Certified RYT 200 Instructor</i> Do you want to work on your flexibility, move mindfully, or just lay in savasana? Come to yoga with Kendra! All experience levels are welcome. There are mats provided, but feel free to bring a blanket or towel for cushion and comfort. Come as you are for some refreshing stretching!
9:00–11:00 am Hotel, Lower Level	<b>Holden Store + Post Office</b>
10:00 am Main Street	<b>Bus Departure</b>
10:00 am Dining Hall	<b>Coffee Break</b> Come grab a coffee and sweet treat from the Dining Hall!
12:00–12:45 pm Dining Hall	<b>Lunch</b>
12:15 pm Main Street	<b>Bus Arrival</b>
2:00 pm Koinonia Fireside	<b>Guest Orientation</b> Come learn about village life, rhythms, and safety policies. Required for all new arrivals.
5:00–5:45 pm Dining Hall	<b>Dinner</b>
7:00 pm Koinonia Fireside	<b>Sacred Space: Harmonies of our Hearts</b> Villagers will share a few songs that are meaningful along with a brief reflection on the importance of the songs in their lives.
7:30 pm Koinonia Fireside	<b>Staff Meeting</b>

**Thursday, February 6th 2025**

**STOP DAY**



# Friday, February 7th 2025

<b>7:00–8:00 am</b> Portal Museum	<b>Meditation</b> This is a silent meditation. All practices of mindfulness, stillness, release, and focused awareness are welcome in this space. You can come and go as you wish throughout the hour.
<b>7:30–8:30 am</b> Dining Hall	<b>Breakfast</b>
<b>7:30–9:00 am</b> Agape	<b>Laundry Drop Off/Pick Up</b> Come drop off your used linens and pick up clean sheets and towels.
<b>8:30–9:15 am</b> Portal Museum	<b>Yoga with Ellen</b> <i>Ellen Callender, Registered Yoga Instructor</i> Start your day with a mindful and rejuvenating 45-minute yoga flow! All levels of experience are welcome, mats are provided.
<b>9:00–11:00 am</b> Hotel, Lower Level	<b>Holden Store + Post Office</b>
<b>10:00 am</b> Main Street	<b>Bus Departure</b>
<b>10:00 am</b> Dining Hall	<b>Coffee Break</b>
<b>12:00–12:45 pm</b> Dining Hall	<b>Lunch</b>
<b>12:15 pm</b> Main Street	<b>Bus Arrival</b>
<b>2:00 pm</b> Koinonia Fireside	<b>Guest Orientation</b> Come learn about village life, rhythms, and safety policies. Required for all new arrivals.
<b>5:00–5:45 pm</b> Dining Hall	<b>Dinner</b>
<b>7:00 pm</b> Koinonia Fireside	<b>Sacred Space: Prayer Around the Cross</b> All are welcome to this contemplative service of prayer, song, silence, and scripture.
<b>8:00–9:00 pm</b> Portal Museum	<b>Meditation</b> This is a silent meditation. All practices of mindfulness, stillness, release, and focused awareness are welcome in this space. You can come and go as you wish throughout the hour.

# Saturday, February 8th 2025

<p>7:00–8:00 am Portal Museum</p>	<p><b>Meditation</b> This is a silent meditation. All practices of mindfulness, stillness, release, and focused awareness are welcome in this space. You can come and go as you wish throughout the hour.</p>
<p>10:00–11:00 am Dining Hall</p>	<p><b>Brunch</b></p>
<p>11:00 am–12:30 pm Koinonia Library</p>	<p><b>Flow Writing: Journaling</b> <i>Em Greenlund, Art Studio Tech</i> Stream-of-consciousness writing can be a powerful way to learn about ourselves; our bodies (both energetic and physical) contain inherent wisdom, although that wisdom often remains untapped because we don't always know how to access it. Come with an open heart, a journal/notebook and pen, and the willingness to turn inwards and, perhaps, be surprised by what you find. Paper and writing materials will be available if needed.</p>
<p>11:00 am–3:00 pm Koinonia Fireside</p>	<p><b>Staff Training</b> Join your fellow staff members for Staff Training, designed to familiarize yourself with Holden Village's unique rhythms and essential policies. This training is required for <b>all incoming staff</b> who have not taken it in 2024.</p>
<p>3:00–3:45 pm Portal Museum</p>	<p><b>Yoga with Ellen</b> <i>Ellen Callender, Registered Yoga Instructor</i> Continue your day with a mindful and rejuvenating 45-minute yoga flow! All levels of experience are welcome, mats are provided.</p>
<p>4:00–5:00 pm Dining Hall</p>	<p><b>Dinner</b></p>
<p>6:00 pm Koinonia Fireside</p>	<p><b>Sacred Space: Mountain Vespers</b> Bring your banjo, harmonica, or spoons (or any other instruments) for a bluegrass session style vespers in Fireside. Composed by Kent Gustavson.</p>
<p>8:00–9:00 pm Portal Museum</p>	<p><b>Meditation</b> This is a silent meditation. All practices of mindfulness, stillness, release, and focused awareness are welcome in this space. You can come and go as you wish throughout the hour.</p>