

**Appendix 4e: Religious Life Council Intersession Retreat 2006**  
**Vermont Zen Center, Shelburne, VT**  
**Sunday, January 29 –Friday, February 3**  
**Attendance: 24 students**

**Sunday, January 29**

10:00AM     Meet at Murray-Dodge  
                 Discussion questions during the drive.  
6:30 PM     Arrive at Vermont Zen Center  
                 Dinner, Settle in  
8:30         Re-convene  
                 Report back on car discussions  
                 Ice breakers and introductions

**Monday, January 30**

8:15 AM     Breakfast  
9:00         Free time  
10:00        Orientation to Buddhism and the Zen Center  
                 Break  
12:00 PM    Lunch  
1:00         Spiritual autobiographies  
3:30         Break  
4:00         Performance workshop  
6:00         Dinner  
7:00         Spiritual autobiographies, cont.  
9:00         Daily reflections

**Tuesday, January 31**

8:15 AM     Breakfast  
9:00         Spiritual autobiographies, cont.  
11:15        Discussion: *Nationality and Religion*  
12:00 PM    Lunch  
1:00         Taiko Drumming Workshop  
5:00         Dinner  
6:30         Quiet time for prayer and meditation  
8:30         Spiritual autobiographies, cont.  
10:00        Daily Reflections

## Appendix 4e: Vermont Retreat Schedule Cont'd

### Wednesday, February 1

8:15 AM Breakfast  
9:00 Conflict Resolution workshop  
12:00 PM Lunch  
1:30 Free time: Can hike or go into Burlington  
4:30 Performance workshop, cont.  
6:00 Dinner  
7:00 Daily Reflections  
8:00 Movie Night: *Witness*

### Thursday, February 2

8:15 AM Breakfast  
Service Activities  
9:00 Rockpoint group leaves  
10:00 Spectrum group leaves  
1:00 PM Rockpoint group returns  
2:00 Spectrum group returns  
2:30 Discussion: *Service and Faith*  
3:00 Brainstorming: RLC 2006  
5:00 Dinner  
6:30 Quiet time for meditation or prayer  
8:30 Performance for VZC Sangha  
Closing reflections, thank yous.

### Friday, February 3

6:00 AM First cars depart Zen Center  
8:00 Remaining cars depart