

**Anxious to Talk About It:
Helping White Christians Talk Faithfully About Racism
January 22-24, 2019**

Tuesday, January 22		<i>Location</i>
4:00-6:00 p.m.	Check-In	Mabee (Registration) Building
6:00 p.m.	Dinner	King Dining Hall
7:00 p.m.	Welcome, Introductions & Singing Carolyn Helsel Session #1 Sharing Our Stories: A Desire to Be Here	Dishman Auditorium
8:30 p.m.	Evening Prayer	Dishman Auditorium
Wednesday, January 23		
7:30-8:30 a.m.	Breakfast	King Dining Hall
8:30 a.m.	Morning Prayer & Song	Dishman Auditorium
9 a.m.-Noon	Carolyn Helsel Session #2 The Role of Emotions in Talking About Racism: Cultivating Self-Compassion & Endurance Questions for reflection offered for consideration during Sabbath afternoon time	Dishman Auditorium
Noon	Lunch	King Dining Hall
1:00 p.m.	Reflection & Sabbath Time Options include: Walking/Praying Labyrinth Archery Art Experience (we will do something creative) Hiking Journal writing Something else indoors if the weather is nasty	Ranch
6:00 p.m.	Dinner	King Dining Hall
7:00-8:30 p.m.	Carolyn Helsel Session #3 The Gifts We Receive: Gratitude as Motivation for Long-Term Engagement	Dishman Auditorium
8:30 p.m.	Evening Prayer & Song	Dishman Auditorium
9:00 p.m.	Campfire & S'mores or Something Indoors!	
Thursday, January 24		
7:30-8:30 a.m.	Breakfast	King Dining Hall
9:00 a.m.	Carolyn Helsel Session #4 Having These Conversations With Others: Our Mission to Our Communities	Dishman Auditorium
11 a.m.	Closing Worship & Song	Dishman Auditorium

Room checkout is by 11:00 a.m. You are free to enjoy the ranch for the remainder of the day.

* Schedule may be amended as needed.