

**ANAMCARA APPRENTICESHIP
YEAR TWO OPENING RETREAT
8-10 September 2023**



Retreat Leadership Team:

Anamcara Mentor/Teacher
Retreat Moderator
Tech Support

Richard Groves
Martina Breen
Joe Richter

SCHEDULE

Pacific Time Zone: RED; Irish Time: GREEN

FRIDAY: SKILLFULNESS & THE ANAMCARA

Online Check-in	6:00am/ 2:00pm
Opening Ritual & Meditation <i>Preparing for the Autumn Equinox</i>	7:00/3:00
Break	8:00/4:00
Anamcara Alchemy I: <i>Identifying our Soul Stories</i>	8:10/4:10
Break	9:00/5:00 pm
Anamcara Alchemy II: <i>Preparing for an Anamchairdeas</i>	9:15/5:15
Anamcara-in-Practice: <i>The art of holy listening</i>	10:00/6:00
Refreshment Break	11:30/7:30
Psalms for Healing: <i>In Times of Orientation</i>	11:50/7:50
Closing Reflection: <i>Sacred Element – Earth</i> <i>Mabon Wheat Ritual</i>	12:30pm/8:30
Program Concludes for the Day	1:00/9:00pm

*The three tasks of the Anam Cara: To live fully in the present;
To honor the Tradition and the Ancestors and to discern the Soul's Voice for tomorrow.*

From the Celtic Grail Quest Tradition, 6th century

SATURDAY: MENTORSHIP & THE ANAMCARA

Online Check-in/Contemplative Time	6:00am/2:00pm
Morning Meditation & Ritual: <i>Sacred Element – Water</i>	6:30/2:30
Being Anamcara for Others: <i>An Anamchardeas Encounter</i>	7:00/3:00
Break	8:45/4:45
Year Two Tracks with Anamcara Mentors <i>-Welcome and Orientation</i> <i>-Experiencing Month One Practices</i> <i>-Supervision Session</i>	9:00/5:00
Refreshment Break	11:30/7:30 pm
Psalms for Healing: <i>In Times of Disorientation</i>	12:00/8:00
Closing Ritual: <i>Sacred Element– Air</i> <i>Interview with Dara Malloy</i>	12:30/8:30
Program Concludes	1:00/9:00



*Spend some time daily at the waters of Avalon's Holy Well.
Quiet your mind and be with past generations of seekers.
Peer into the place where yesterday is as tomorrow.
The quest for the Grail is a course in Divine Alchemy...
But what turns from lead to gold is the cup of your own soul.*

From "Quest for the Grail" 9th century

SUNDAY: PREPARING FOR THE TURNING OF A NEW YEAR

Check in/Contemplative Time	7:00am/3:00pm
Morning Meditation and Ritual <i>Sacred Element – Fire</i>	7:30/3:30
Dolores Whelan Interview	
Psalms for Healing: <i>In Times of Re-orientation</i>	
Break	8:30/4:30
Ceili De Meetings: <i>Establishing a healing rhythm for self-care through group support</i>	8:45/4:45
Refreshment Break	10:45/6:45pm
Year Two & Beyond	11:15/7:15
Closing Celebration <i>Blessing for the New Year Cloch Leighis Ritual</i>	12:15/8:15
Retreat Concludes	1:00pm/9:00pm



The soul guide is one who can show resourceful perception, gentle strength, dismantle illusion and mirror reality clearly...

Colman Mac Béognae, Ancient Anamcara