

**Davidson College Presbyterian Church**  
**DCPC Fall Mindfulness Weekend with Author Amy Oden**  
**October 29-30, 2022**

<b>Date &amp; Time</b>	<b>Description</b>
<b>Saturday October 29</b>	
AM Session	
8:30- 9:00 AM (30 min.)	<b>DCPC Breakfast Welcome and Fellowship</b> Objective: Pre-workshop gathering of participants and guests with coffee and pastries in Congregation House lobby
9:00 - 9:30 AM (15 min.)	<b>Welcome and Introductions</b> Objective: Welcome participants and introduce guests, outline workshop (AM) and Panel discussion (PM) objectives, have opening prayer and short mindfulness exercise
9:30 AM-10:30 AM (60 min.)	<b>Workshop Session A: What is Christian Mindfulness?</b> Objective: Help participants better understand important elements of and history of Christian Mindfulness through discussion, guided meditation and breakout groups.
10:30-10:45 (15 min.)	Break
10:45-12:00 PM (75 min.)	<b>Workshop Session B: Christian Mindfulness in Action</b> Objective: Workshop session including, discussion guided meditations and break out session facilitated by Amy to begin or help strengthen mindfulness practices at the individual and congregational levels.
12:00 – 12:45 PM	<b>Fellowship Lunch</b> Objective: Allow participants and breakout teams to have lunch together
<b>Saturday October 29</b>	
PM Session	
1:00- 1:40 PM Panel Discussion  1:40 PM-2:00 PM Audience Q&A	<b>Panel Discussion A: Implementing Mindfulness</b> Objective: Gain input and perspective from various community mindfulness leader’s experienced to date on the opportunities and challenges of strengthening individual/organizational/community mindfulness practices. Panelists to include: <ul style="list-style-type: none"> <li>• Right Here, Right Now Author, (Dr. Amy Oden)</li> <li>• Charlotte Center for Mindfulness, (Lindsay Bridges, Dir.)</li> <li>• Center for Contemplative Prayer (Deborah Connor, Co-Dir.)</li> <li>• Davidson College (Ivan Mayerhofer, Chaplin)</li> </ul>
2:00-2:10 PM	Break and Prep for Brainstorming Session Identified topics assigned to respective tables
2:10- 2:30 PM Development  2:30 -2:45 PM Report out	<b>Panel &amp; Audience Brainstorming Session &amp; Next Steps</b> Objective: Solicit input from panelists and audience on how to make improvements in individual, organizational and community mindfulness practices; Identify cross-organizational collaboration and partnerships to strengthen acceptance and wider adoption of mindfulness topics. Brainstorming with leaders at respective tables.
2:45-3:00 PM	<b>Recap and Closing Remarks</b>
<b>Sunday October 30</b>	
8:30 AM -12:30 PM	Sunday morning service(s): Peter Henry and Amy Oden co-host Sunday sermon across the respective services. Sunday service/sermon is intended to be a dynamic and organic “conversation” between Amy and Peter.