

IN-PERSON PROGRAMME
EMPOWERING OURSELVES
FLOURISH & THRIVE*



Sessions will generally comprise Speaker's input, Q&A, and breakout / discussions both in-person and online.

Time	Event	Speaker/s
FRIDAY 30th Aug		
15.00 onwards	Arrive from 15.00 Welcome desk at HH door Tea & Coffee available in lounge	
19.00	Evening Meal Non-Resident guests welcome to book with R&B if space.	
20.00	Welcome to Empowering Ourselves: FLOURISH & THRIVE <i>Live, In-Person and Online</i>	Mike Kerrigan, Virginia Saldanha, Sue Bitney, Kevin Liston, Christina Reymer
20.30 - 20.55	EMPOWERING OURSELVES <i>Live, in-person and online</i>	Joan Chittister, OSB
20.55 - 21.30	EMPOWERING OURSELVES Brief Reflection, followed by Q&A <i>Online and live</i>	Dr Mary McAleese
SATURDAY 31st Aug		
8.00 - 9.00	Breakfast	
9.15 - 9.30	Welcome & Housekeeping Opening Prayer	
9.30 - 11.00 SESSION 1	TONY FLANNERY EMPOWERING OURSELVES: From the Outside <i>Live, in-person and online</i>	Tony Flannery, CSsR
11.00 - 11.30	Coffee	
11.30 - 13.00 SESSION 2	EMPOWERING OURSELVES From the Inside FLOURISH & THRIVE <i>Live, in-person and online</i>	Penny Brown

Time	Event	Speaker/s
13.00 - 14.00	Lunch.	
14.00 - 15.30	FLOURISH & THRIVE - Inspirations: OUR STORIES : <i>Live, In-Person and Online</i>	Tony Cassidy CSsR, Rev'd Lisa Loveridge, Morag Liebert RCWP, Angela Hanley, Penelope Middelboe, Vic Camp.
15.30 - 16.00	TEA	
16.00 - 18.00	OPEN TABLE - all are welcome The Methodist Church "Open Table" tradition and practice. ALL HALLOWS, LEEDS, LS6 1NP <i>Live, In-Person and Online</i>	Rev'd Ruth Gee, Rev'd Heston Groenewald, Katharine Salmon, Tony Cassidy CSsR, Rhiannon & Geoffrey Thompson
18.00 - 19.00	Free time	
19.00	Evening Meal	
20.00	Relaxation, tea, coffee and bar	
SUNDAY 1st Sept		
8.00 - 9.00	Breakfast	
9.30 - 11.00	WHERE DO WE GO FROM HERE? Looking forward Plenary session. FLOURISH & THRIVE Session includes Coffee <i>Live, In-Person and Online</i>	Chair: Penelope Middelboe
11.30 - 11.45	Comfort Break	
11.45 - 12.30	Closing Liturgy FLOURISH & THRIVE <i>Live, In-Person and Online</i>	Sue Williamson, Katharine Salmon, Pat Brown
12.30	Lunch	
1.30	Depart.	

* subject to amendment where necessary.