

**Invitation to Simplicity: A Spiritual Formation Elective
Pittsburgh Theological Seminary**

Sunday, June 26, 2016		
7:00 p.m.	Welcome, Overview, and Introductions	Knox Room*
8:00 p.m.	Session 1: Orientation. Your Money Story, Simplicity, Self-Assessment	
9:00 p.m.	Prayer at the Close of the Day	
Monday, June 27, 2016		
7:45 a.m.	Breakfast	Dining Room
8:30 a.m.	Morning Prayer: Practicing Gratitude	
9:00 a.m.	Session 2: Name What Matters Most to You <ul style="list-style-type: none"> • Discuss ultimate purpose of human existence. • Fill out "Who am I survey." • Develop a 5 word purpose statement 	
10:30 a.m.	Break	
11:00 a.m.	Session 3: Value and Align Your Time <ul style="list-style-type: none"> • Discuss feelings about time. • Practice stillness prayer. • Identify time bandit strategies. • Explore life-giving rhythms. 	
12:30 p.m.	Lunch	Dining Room
2:00 p.m.	Session 4: Set Goals in Key Life Areas <ul style="list-style-type: none"> * Relationships * Soul care * Rest and play * Develop a time budget * Work * Body care * Finances 	
3:00 p.m.	Time for silence, solitude and goal setting, and time planning exercises.	
6:00 p.m.	Silent Dinner	Dining Room
7:30 p.m.	Session 5: Share Work on Life Goals and Rhythms <ul style="list-style-type: none"> • Examine trade-offs. 	
9:00 p.m.	Examen at the End of the Day	

Tuesday, June 28, 2016		
7:45 a.m.	Continental Breakfast	Dining Room
8:30 a.m.	Morning Prayer: Confronting Worry/Cultivating Trust	
9:00 a.m.	Session 6: Believe You Have Enough <ul style="list-style-type: none"> • Set voluntary limits in key consumption areas. • Designing a right-sized life with stuff. 	
10:30 a.m.	Break	
11:00 a.m.	Session 7: Create A Spending Plan <ul style="list-style-type: none"> • Determine your financial season • Refine financial goals • Explore benefits and resistance 	
12:30 p.m.	Lunch	Dining Room
2:00 p.m.	Silence, solitude and spending plan work	
4:00 p.m.	Session 8: Share financial goals and spending plan	Location of own choice
6:00 p.m.	Group Dinner (self-pay)	Offsite
Wednesday, June 29, 2016		
8:00 a.m.	Continental Breakfast and Evaluations	Dining Room
8:45 a.m.	Closing Announcements and “Homework”	
9:00 a.m.	Session 9: Maximize Your Resources	
10:00 a.m.	Session 10: Live Generously and Spend Wisely	
11:30 a.m.	Closing Worship – Communion included	
12:15 p.m.	Lunch	Dining Room
1:00 p.m.	Farewells and Departure	

*All sessions will be held in the Knox Room, Long Hall unless otherwise indicated.