

**Conflict Resolution as Spiritual Practice:
Turning Challenge into Opportunity**

Pittsburgh Theological Seminary

During our time together, we will explore how to transform discord into not only new possibilities abut also into doorways to a deepened spiritual life. Each day we will follow and contemplate the four phases of change along with medieval Christian mystic Meister Eckhart's paths in the spiritual journey. This workshop will include cross-cultural practices that support conflict resolution and adaptation to change. Since the class will meet during Lent, we will also creatively consider how the journey from Palm Sunday through Easter holds jewels of wisdom surrounding the Mystery within our trials.

Wednesday, March 16, 2016		
7:00 p.m.	Welcome, Orientation, and Introductions	John Knox Room
8:00 p.m.	Session 1 - Introduction to the Four Spiritual Paths of Conflict Transformation	
9:00 p.m.	Prayer at the Close of the Day	
Thursday, March 17, 2016		
7:45 a.m.	Breakfast	Dining Room
8:30 a.m.	Morning Body Prayer	John Knox Room
9:00 a.m.	Session 2: Path 1 – Change and Gratitude	
10:30 a.m.	Break	
11:00 a.m.	Session 2 continued (includes small groups)	
12:30 p.m.	Lunch	Dining Room
2:00 p.m.	Session 3: Path 2 – Chaos and Letting Go	John Knox Room
3:30 p.m.	Break	
4:30 p.m.	Worship Jam	
6:00 p.m.	Dinner on your own or in community	
Friday, March 18, 2016		
7:45 a.m.	Continental Breakfast	Dining Room
8:30 a.m.	Morning Body Prayer	John Knox Room
9:00 a.m.	Session 4: Path 3 – Breakthrough and Listening	
10:30 a.m.	Break	
11:00 a.m.	Session 4 continued (includes small groups)	
12:30 p.m.	Lunch	Dining Room
2:00 p.m.	Session 5: Path 4 – Action and Stability	John Knox Room
3:30 p.m.	Time in silence and reflection	
6:00 p.m.	Dinner in silence	Dining Room
7:30 p.m.	Session 6: Path 4 continued	John Knox Room
9 p.m.	Evening prayer	
Saturday, March 19, 2016		
8:00 a.m.	Continental Breakfast and Evaluations	Dining Room
8:45 a.m.	Closing Announcements and "Homework"	John Knox Room
9:00 a.m.	Session 7 (with small groups) – Returning Home	
11:30 a.m.	Closing Worship – Communion included	
12:15 p.m.	Lunch	Dining Room
1:00 p.m.	Farewells and Departure	