Sample Schedule of Overnight Program

Friday evening: Intention Council

Arrival/optional dinner: 6-7 pm

Intention Council: 7-9 pm

- Opening
  - brief welcome
  - holding hands in silence
  - poem or prayer
  - smudge

- Day walk intro (if newcomers)
  - importance of walk
  - importance of intention
  - intro to talking piece & council:
    - speak from the heart
    - listen from heart
    - be spontaneous
    - be concise
    - confidentiality

- Speaking intentions: send talking piece around

- Planning for tomorrow
  - wake up time
  - sacred silence/sacred speech
  - describe threshold ritual
  - time for return
  - daytime basecamp etiquette
  - the actual walk
    - maps/hiking options
    - be spontaneous
    - look for signs/symbols
    - reinforce safety

Saturday morning: Departure

Waking up:
- Wake up bell
- Tea/coffee
- Sacred silence/sacred speech

Threshold ritual:
- create circle with stones
- silence, then poem or prayer
- declare intentions in single sentence
- smudge/prayer/anointing

Saturday afternoon: Return

- prepare dinner hour before return
- receive people at threshold circle
- dismantle circle
- break-fast

Saturday evening: Story Council

Opening:
- silence
- poem or prayer
- smudge

Storytelling:
- send talking piece around twice
- mirror group

Closing:
- silent circle
- and/or poem
- and/or prayer
- and/or . . .