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LEADERS' RETREAT WORKSHOP

# JUBILATION

Black Sisters Called to Lead in Hope

**OCTOBER 6 -9, 2025**

BON SECOURS RETREAT CENTER

**2025 LEADERS' RETREAT  
WORKSHOP SCHEDULE**



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## SCHEDULE

### MONDAY, OCTOBER 6, 2025

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5:00 PM

**ARRIVAL/CHECK-IN**

6:00 PM

**DINNER**

7:15 PM

**WELCOME**

*Sister Angelique Geay Room  
Retreat Team*

**INTRODUCTION**

*Team and Participants*

**OVERVIEW/EXPLANATION OF RETREAT SCHEDULE**

**LEADERSHIP INDICATOR TOOL/ASSESSMEN**

**ANNOUNCEMENTS/HOUSEKEEPING**

*Sandra Coles-Bell*

**EVENING PRAYER - OPENING RITUAL**

*Sister Barbara Beasley, RGS*

**SOCIAL** *\*\*Following Evening Prayer\*\**

*Wine and Cheese*

### TUESDAY, OCTOBER 7, 2025

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7:30 – 9:00 AM

**BREAKFAST**

9:00 AM

**MORNING PRAYER**

*Sister Josita Colbert, SNDdeN  
meeting room*

9:30 AM

**OVERVIEW OF THE DAY:**

*Leadership, the Call, my Experience, my Hope  
Team*

**REFLECTION & SHARING**

*Team*

*My Story, My Song, My Journey in Leadership*

- Personal reflection and Journaling, the sharing in small assigned groups





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## SCHEDULE

- Sharing of insights with the whole group

**11:00 AM**

**MASS**

Chapel

**12:00 – 1:00 PM**

**LUNCH**

**1:00 – 3:00 PM**

**SELF-CARE WORKSHOP PT. 1**

*Teara Q. Booker, MPH, CD, RYF-300*

### Foundations of Self-Care as Leadership

- Opening reflection: “Nobody Gets an Award for Suffering” (storytelling from my journey as a firefighter and public health practitioner).
- SAVERS Routine (Silence, Affirmations, Visualization, Exercise, Reading, Scribing): Morning & evening self-care framework.
- Guided breathwork stress release activity.
- Journaling prompt: “What am I carrying that is not mine to carry?”
- Letter to Self: Participants will write a personal note of encouragement and reflection to themselves. Letters will be collected and mailed back to them 30 days later as a reminder of their commitment to self-care.

**3:00 - 4:00 PM**

**PERSONAL TIME**

**4:00 - 5:00 PM**

**LEADERSHIP PANEL**

(made up of volunteers from Retreat Team, Staff, and/or Participants): Where I discovered Hope in the midst of my call to leadership.

End with a 15-minute video clip from “*Learning Leadership Skills*” with Dr. Myles Munroe

**5:00 PM**

**BREAK**

**5:15 PM**

**EVENING PRAYER**

*Sister Addie Lorraine Walker, SSND*

**6:00 – 7:00 PM**

**DINNER**

**7:15 PM**

**SOCIAL & POPCORN**

(Movie option: *Six Triple Eight*)

**9:00 PM**

**ADJOURNMENT**





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# LEADERS' RETREAT WORKSHOP

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## SCHEDULE

for a good night's rest

WEDNESDAY, OCTOBER 8, 2025

7:30 – 9:00 AM

**BREAKFAST**

9:00 AM

**MORNING PRAYER**

*Sister Barbara Beasley, RGS*  
meeting room

9:30 PM

**OVERVIEW OF THE DAY:**

**Leadership in Our Congregations: Primarily  
Spiritual, Human Companionship, and Healing  
from Life's Challenges and Surprises**

**Panel Input:** Three Personal Stories

- Personal reflection and Journaling, then sharing in small assigned groups
- Sharing of insights with the whole group *Team*

11:00 AM

**MASS**  
(Chapel)

12:00 – 1:00 PM

**LUNCH**

1:00 – 3:00 PM

**SELF-CARE WORKSHOP Pt 2**

*Teara Q. Booker, MPH, CD, RYT-300*

**Reset, Rejuvenate, and Realign**

- Gentle Chair Yoga for a daily reset.
- Guided Meditation for grounding.
- Sound Healing demonstration for stress release.
- Reflective journaling: Creating a "Self-Care Promise" plan.
- Group sharing and collective prayer for strength and renewal.
- Closing reflection: "Sustaining Ourselves, Sustaining Our Mission."

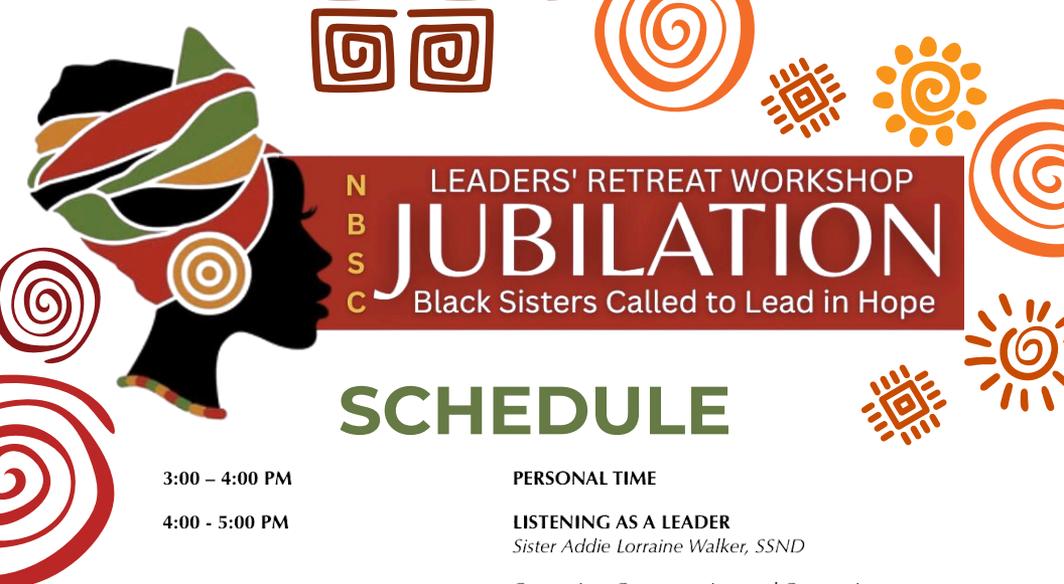
3:00 – 4:00 PM

**PERSONAL TIME**

4:00 - 5:00 PM

**LISTENING AS A LEADER**





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## SCHEDULE

3:00 – 4:00 PM

### PERSONAL TIME

4:00 – 5:00 PM

### LISTENING AS A LEADER

*Sister Addie Lorraine Walker, SSND*

Co-sensing, Co-presencing, and Co-creating  
(brief input and small group skill practice)

4:45 PM

### GROUP COMEBACK

What did you learn, re-learn, understand, or experience that can inform your current leadership practice

5:00 PM

### BREAK

(Pick up Leadership Assessment Tool #2 for completion before morning prayer)

5:15 PM

### EVENING PRAYER

*Sister Josita Colbert, SNDdeN*

6:00– 7:00 PM

### DINNER

7:15 – 8:30 PM

### SOCIAL

Wine and Cheese  
(snacks, games, storytelling, prizes, sing-along, etc.)

8:30 PM

### ADJOURNMENT

for a good night's rest

## THURSDAY, OCTOBER 9, 2025

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7:30 – 9:00 AM

### BREAKFAST

9:15 AM

### MORNING PRAYER/CLOSING RITUAL

*Sister Barbara Beasley, RGS*

### ORAL EVALUATION & FEEDBACK

### ANNOUNCEMENTS

### CLOSING BLESSING





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## SCHEDULE

10:15 AM

Small Group, then Large Group

**CLOSING MASS**

*Father Gregory Chisholm, SJ*  
in the meeting room

12:00 – 1:00 PM

**LUNCH**

**DEPARTURES**



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# EMERGENCY RESOURCE

## EMERGENCY ROOM

### GRACE MEDICAL CENTER EMERGENCY DEPARTMENT

2000 W BALTIMORE ST, BALTIMORE, MD 21223

**(410) 362-3000**

**OPEN 24 HOURS**

## PATRIOT URGENT CARE - ELDERSBURG

1211 LIBERTY RD, ELDERSBURG, MD 21784

MONDAY-FRIDAY, 8:00 AM - 8:00 PM.

**(410) 617-9129**

## WALGREENS

2000 W BALTIMORE ST, BALTIMORE, MD 21223

**(410) 362-3310**

