

MAN OVERBOARD! PROGRAMME

Day 1	Friday	Where?
from 5.30pm	Arrivals and settle into cabins	ship
6pm	Dinner	saloon
7pm	Introductory talk with tour of ship – who’s who, where is everything, what’s on offer, how to use the silence	dayroom
8pm	Safe Space – what’s this all about?	dayroom, wheelhouse, snug
8.30pm	Short Reflective Night Walk (silence and ‘slowing down’ begin)	coast path, woods, lane
9.45pm	Night prayer	snug
Day 2	Saturday	Where?
8.15	Morning Prayer	snug
8.30am	cooked breakfast	saloon
9.00	Safe Space	snug, wheelhouse, cabin
9.45	Safe Space	snug, wheelhouse, cabin
10.30	shelter demo and kit issue	saloon and Building
11am – 3pm	Powerboat to the beach for time of contemplation. Packed lunch at the beach. Hot drinks and shelters.	East Head
12.45	<i>Midday Prayer on the ship</i>	
1pm	<i>Sandwiches on the ship for anyone not going to the beach</i>	
Afternoon	Time for reflection, walks, labyrinth - optional extra safe space slots	Chidham Peninsula
5.45pm	Evening Prayer	snug
6pm	Dinner	saloon
7.30pm	Bonfire and lighted labyrinth	back field
9.45	Night Prayer	snug
Day 3	Sunday	Where?
(7) 7.30 – 8am	pre-breakfast contemplative kayaking	Bosham channel
8.15	Morning Prayer	snug
8.30	Breakfast	saloon
9.15 – 10.45	Guided reflective walk	Chidham Peninsula
11.	Safe Space	snug, wheelhouse, cabin
11.45	Safe Space	snug, wheelhouse, cabin
12.45	Midday Prayer	
1pm	Lunch, including sharing of bread and wine (silence ends)	saloon
2.30pm	Depart	