

April 22, 2024

Independent: Solitude Week 2 (Encounter with Ourselves)

Solitude Week 1:

1. Review the reflection questions on page 17 of your Solitude packet. Need a new packet? Feel free to use the digital PDF of the [Solitude Packet](#). Begin a text conversation with your leader or someone in your group to share some reflections from Solitude Week 1.
2. Watch the [Solitude Week 2](#) teaching.
3. Read and take notes through the Solitude Week 2 packet, beginning on page 18. Make a plan to do the Practice (pg 21-23) every day this week.
4. For homework this week, continue the solitude practice every day. If you want to go above and beyond, the Reach Exercise (pg 24) suggests going on a solitude walk in creation. If it sounds good to you, schedule it into your week! Please also take note of the reflection questions on page 25.

Upcoming YAM Calendar:

- Thursday, April 25: Harbor (Woodlands from 6-8: Leaders and YAMmers invited!)
- Monday, April 29: Spring Party! (Brown House or Woodlands from 6-8, weather dependent)
- Monday, May 6: Small Group: Solitude Week 3
- Monday, May 13: College Study Day at Woodlands from 2-8 (find a time to come serve with YAMmers and Leaders at some point that day!)
- Sunday, May 19: Spring Into Action: Optional serving opportunity through Woodlands in the school district, beginning at noon
- Monday, May 20: Final Small Group: Solitude Week 4