

Medicine Mission and Me Retreat, 28 Sept-2 Oct 2026

MONDAY

18:00	Dinner	
19:00	Walk	Coastal path/ beach walk
20:00	Introductions	Hopes & expectations for the week
21:00	Free time	

TUESDAY

07:00	Swimming	For those who want to!
08.00		
09.00	Prayer and praise/ Biblical basis	God's word: God's heart for the nations and the biblical basis of mission
10.30	Tea & Coffee break	
11.00	God's world	Current physical and spiritual needs in the world
11.45	What is mission?	Integral mission
12.30	Prayer and reflection	Personal prayer & reflection
13.00	Lunch	
14.00	Walk / free time	Walk/Free time
17.00	Medicine & Mission models	Field Voices: Medical Mission in Context
18.00	Dinner	
19:00	Personal story	Stories from team and guests.
20:00	Free time	

WEDNESDAY

07:00	Run/walk	Optional!
08.00	Breakfast	
09.00- 10:30	God's work	What is God's plan for me? Do I need a call?
10.30	Tea & coffee	
11:00	Cross cultural ministry	Working in Multicultural teams/partnerships
12.00	Contemporary issues	"Western Saviours?"; Changing times, Changing approaches; Urban issues
12.45	Questions	
13.00		
14.00	Free time	Canaerfon Castle visit/Free time/prayer with team
18.00		
19.00	God's work: Sending	Role of churches and sending agencies
20:00	Pointers for guided reflection	
21:00	Free time	

THURSDAY

07:00	Swimming	Optional!
08.00	Breakfast	

09.00	Devotions	
9:30	Relationships, flexibility, humility, temptation to be needed	
10.30	Tea & coffee	
11.00	Counting the cost	Mission, risk and suffering – coping with challenges but pressing on
12.00	Personal prayer and reflection	Cost of surrender/optional time with mentor
13.00	Lunch	
14.00	Walk / free time	Coastal path walk to Black Rock Sands
16.30	Tea & coffee	
16:45	When helping hurts	Recap: Western saviours/humility
17:30	Short term medical mission	Short Term Vs Long Term mission
18.00	Dinner	
19.00	What have I learnt?	Living in the 'now' - what next?
20.00	Summary and prayer time	What have I learned? How can we pray for each other? <i>Communion</i>
21.00	Free time	
FRIDAY		
07:00	Run/ walk	Optional!
08.00	Breakfast	
09.00	Clear up and go	
Suggestions for individual work during the week: Any specific questions you have. Vision, values and SHAPE (spiritual gifts, heart, attributes, personality and experience). Readiness for cross cultural mission. Developing a personal mission statement		