

On this retreat, you'll get to know your fellow Equilibrium Journeyman. Make a point to focus on the man you've been assigned – listen to his story, take note of his strengths and think about how you can challenge/encourage him. During your solitude, write a letter to him. You will read this at the end of the retreat. The letter should be encouraging, challenging and inspiring. Focus on his strengths and his attributes. It should be a blessing!

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