QUESTIONS ABOUT SILENT DIRECTED RETREATS

WHY MAKE A SILENT DIRECTED RETREAT? Silence offers us an opportunity to know ourselves and God in a way that differs from the busyness and “wordiness” that often fills our lives. An extended period of silence can provide a change of pace from our normal physical activities and become an intentional time for listening for God’s still small voice. Silence and solitude are ancient Christian ways for prayerfully listening to God. “Directed” refers to the opportunity to meet during this retreat for conversation with a trained spiritual director.

WHAT KIND OF PEOPLE MAKE SILENT RETREATS? The retreat is open to anyone who seeks time away from their regular routines to simply be with God in a beautiful wilderness setting.

HOW MUCH OF A SILENT-DIRECTED RETREAT IS ACTUALLY SILENT? The retreat begins with a meal on Friday night and an opportunity to talk with and get briefly acquainted with the other retreat participants. After the meal we will enter into a period of silence that will conclude mid-morning on Sunday. During this roughly 36 hours of silence, there will be four worship services and two vesper services. The worship services will include brief teachings around our retreat theme *Listening for the Voice of the Good Shepherd.* Participants will also have an opportunity to sign up to meet with a spiritual director for a 45 minute conversation during the retreat. The rest of the time, including meals together, will be in silence.

WHAT ABOUT SLEEPING ARRANGEMENTS? Each participants will have their own room for sleeping, prayer, and reading. Some participants will need to share restroom facilities. Those making the retreat will need to bring their own bedding (sleeping bag, blankets, sheets, pillows), towels, and toiletries. If you have particular requests, you are encouraged to contact the camp office before your arrival.

HOW MIGHT I SPEND MY TIME ON A SILENT DIRECTED RETREAT? Prayer is the primary focus of a silent retreat, but prayer very broadly defined. You will have personal space for prayer and there are also several places around the camp for prayerful reading, meditation, and journaling. Trails around Covenant Point offer opportunities for contemplative walks. Canoes and kayaks will be available for experiencing the quiet beauty and serenity of Hagerman Lake. Some may choose to read or write or fish or bike. Art supplies will also be available for those who are drawn to this form of conversation with our Lord. You will be free to live your retreat in a way that you sense God is leading you.

WHAT IS SPIRITUAL DIRECTION? Spiritual Direction is a way of praying where one person (a spiritual director) listens to another person’s (a directee) stories. The spiritual director is listening with the directee for God’s presence and guidance in the stories being told.