

**Women's Retreat
The Gift of Silence**

Let me seek, then, the gift of silence, and poverty, and solitude, where everything I touch is turned into a prayer: where the sky is my prayer, the birds are my prayer, the wind in the trees is my prayer, for God is all in all. Thomas Merton

Prayer is sitting in the silence until it silences us, choosing gratitude until we are grateful, and praising God until we ourselves are an act of praise. Richard Rohr

Please note that all activities are optional. Please choose based on your needs & desires for the weekend.

Friday Evening

7:00 Arrive and move in.
8:00 Welcome & FIRESIDE Reflection by the campfire circle (weather permitting)
Setting the stage for Saturday's Day of Silence.
Socialize by the fire.
As you leave, enter into silence.
Free time

Saturday- Day of Silence, including breakfast, lunch and snack

7:30 Morning Prayers in the Pines
8:30 **Continental Breakfast**
9:30 Morning Yoga
10:30 Contemplation and Relaxation
12:30 **Lunch**
1:00 Free Time, Snack and Activities:

- snow shoe, quiet space in the Meadows Lounge, nap, reading in front of the fire.
- Guided Expressive Art –Pines
- Guided outdoor Labyrinth walk

5:00 Breaking Silence!
5:30 **Wine and Cheese:** optional (Dining Hall)
6:00 **Dinner**
8:00 Evening Activities: Campfire, evening snowshoe walk, relax in front of the fire

Sunday

7:30 Morning Prayers in the Pines
8:30 **Continental Breakfast**
9:30 Fireside Spiritual Reflection & Good Byes
10:30 Free time: Activities: Skiing, creative arts, snowshoeing, skating
12:30 **Lunch**
1:30 Departure

Richard Rohr, sometimes prayer *"is sitting in the silence until it silences us, choosing gratitude until we are grateful, and praising God until we ourselves are an act of praise."*