



Welcome to your Soul Care Retreat

I'M GLAD YOU'VE GIVEN YOURSELF PERMISSION TO PAUSE.

This retreat has come at the perfect time, hasn't it?

The soul of any organization really does depend on the soul-health of its leaders. I want to commend you on prioritizing time to tend to your soul.

This retreat has been designed to help you slow down, give you space, and ground in God.

The entire experience has been thoughtfully prepared to guide and facilitate you into an experience that renews and restores. My hope is that you find yourself enlivened as you come home to your Self in God.

*"Solitude is not something you must hope for in the future.
Rather, it is a deepening of the present,
and unless you look for it in the present you will never find it."
-Thomas Merton*

Be sure to take a moment to read the suggestions on how to best create an adequate retreat environment while at home.

You won't need much to make the most of this retreat experience. A willingness to engage, an open-hearted posture, and prayerfull attention will serve you well.

I look forward to being with you soon,

-Christa

"A life without a quiet centre easily becomes delusional."
-Henri Nouwen.

"Let me know myself so that I might know Thee."
-St. Augustine.

"Life if not about us.
We are about the project of finding Life."
-Sr. Joan Chittister



Atmosphere, Ambience & Accessories

SETTING UP YOUR RETREAT SPACE AT HOME.

Give yourself the gift of slow, stillness, and silence.

Ironically, we want to make this online retreat as “tech-free” as possible. Turn off your cell phone, and if possible, any notifications that may pop up on your screen (ie. email notifications). Please plan to be off your email and your phone for the entire retreat, including the break in the middle.

And, is there any way you can tell the people in your life that you’re going to be on retreat? Do your best to preemptively reduce any at-home distractions.

Create a retreat environment at home to invite deeper rest and silence:

- Find a space with as few interruptions as possible.
- Wear comfortable clothes.
- Prepare a comfortable place to sit where you can rest, yet stay alert.
- If possible, do NOT sit at your desk, or in your desk chair.
- Create an environment that feels more like a retreat, and less like work. You may want to light a candle, pour yourself a cuppa something, have fresh flowers nearby, face an outside window, sit on the floor with blankets and pillows. Do whatever you can to make space feel “set-apart”.

You can participate for the majority of this retreat with your screen-share on or off. Do whatever makes you feel most comfortable and connected. You will be muted (from chat and audio) for the duration of the retreat, and we ask that you remain muted unless prompted.

WHAT YOU'LL NEED:

- Paper and a pen.