



Hi Clarkson Church family,

This March our church will be running a **4-Week In-Home Spiritual Retreat** called "Retreat in Daily Life." The program, and the spiritual directors, will be provided by the Emmaus Formation Centre. The church will be covering the cost, so it will be free.

I'm sure you are wondering what this will involve. There will be a solitary component and a group component to this retreat.

SOLITARY COMPONENT (Seeking God alone)

Each participant will be given 16 meditations—4 for each week. You are encouraged to allow 30 minutes for each. The meditations include step-by-step instructions for what to do.

Each day you can expect:

- Prayer instructions
- A Scripture passage to meditate on
- Encouragement to journal your thoughts

You may also be given one of these kinds of exercises:

- A brief reading
- A short period of silence
- A Gospel contemplation (entering a Jesus-story using your imagination)
- A question (or questions) to ponder
- An Examen (a prayerful looking back on specific moments with God)

GROUP COMPONENT (Seeking God together)

You will MEET ONLINE with your assigned group on DAY 1 of your retreat, repeating on the same day each week, for a total of 5 times. The retreat will begin and end with group spiritual direction, making the retreat 29 days long (16 meditations, 5 group spiritual directions, 8 days off). We will run 3 groups on different days of the week, depending on the availability of the directors, which we will know soon.

Once you sign up I will send details as they come available, including potential dates and times. At least one group will meet on the weekend.

SPIRITUAL DIRECTION

The role of the spiritual director is to sense the presence and movement of God, and reflect this understanding to the directee; directors help you hear God better. The directee is someone seeking a closer connection to God, and the director facilitates the journey.

Spiritual direction can seem foreign to people in evangelical churches, but is a trusted, ancient practice of the Church, and is gaining popularity in many Protestant denominations, including ours.

Spiritual directors are safe people. Spiritual direction is very gentle and kind. There's never pressure to go in a direction that makes you feel uncomfortable, or to talk about things you don't want to. Spiritual direction is not therapy or counselling. But the best way to understand what it is, is to experience it.

If you would like to know more about the retreat, please contact me at karen@clarksonchurch.ca. If you would like to sign up, please let me know as soon as possible, as we have a limited number of spaces. Last minute requests may not be able to be accommodated.

For most of us, Covid-19 has forced upon us increased solitude. Why not seek a silver lining in this cloud by dedicating some of this solitude to spiritual growth? I truly hope you decide to join in. This may seem different or scary, but many before you have participated and had wonderful experiences.

Peace,

Karen Klassen
Pastor of Discipleship