

## Pastoral Staff and Leadership Retreats - Soul Care Seattle:

### **Half-day Leadership Retreat (9AM to 12PM):**

We begin with a 30 minute meeting (in person or on-line) between you (the retreat organizer) and a Soul Care Seattle spiritual director. The goal of this meeting is to gain a perspective of where your team is at spiritually and relationally. We also want to gain a clear understanding of what you are hoping to accomplish in the retreat and what you sense the team is needing from the Lord at this time; your sense of what the Lord is stirring in individuals and in the team as a whole.

We would then spend time in prayer over your teams needs and desires and begin 'writing' a silent retreat; the material for your team to pray with on the morning of the retreat.

The retreat begins with the group gathered together for approximately 30 minutes for listening for a just a brief check-in from each person followed by a short orientation to the retreat facility, the retreat format, and an introduction to the retreat material. There will be about 1-1/2 hours of silence where your team will break off into the many sitting areas for prayer with the retreat material. We also encourage people to take walks to some of the many parks that are around us. For those not familiar with silence, we give many ideas on how to spend that time. We then come back together for the remaining 30 minutes for an opportunity of sharing. (These are ballpark times - it depends on the size of the group.) Sharing is not compulsory.

The time of sharing is profoundly helpful to the group. Many people who are uncertain as to whether or not their time in prayer was fruitful find that they really did receive grace (gifts) from the Lord. Others who struggled in prayer find out that they are not alone and that they did not 'fail' at prayer. Others who received gifts of love to their heart help others to recognize the Father's gifts of love in their own lives.

The net result for group prayer for teams in this format is:

- Personal growth in the Lord and in prayer
- Growth in love and understanding for each other as people share out of vulnerability
- Increased ability to see each other as human beings and objects of God's delight
- Decreased anxiety and increased compassion which frees the team to work well together
- Ultimately, an increased faith as a group through the experience of seeking and finding the Lord together

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### **Full-day Leadership Retreat (9:00AM-4:00PM):**

The retreat is established and run exactly as stated above until lunch at noon. At this time, the Soul Care Seattle spiritual director in charge of your retreat will bow out and leave the afternoon for you and your team to accomplish it's goals.

Having just spent significant time together resting in the loving presence of the Lord and with each other, the afternoon can prove to be highly productive time spiritually, relationally, or in any other regard that your team needs to address. Rested in Love your team will be able to be much more present to each other and the Holy Spirit's leading.

Depending on what your team is experiencing you may wish to have a spiritual director sit in for the afternoon portion. Please let us know and we can devise a plan suited to your needs and budget.

Lunch is on your own. People can bring their own lunch or lunch can be ordered in.

### **Cost:**

- "1/2 Day Leadership Retreat": We suggest a donation of \$25 per person, there is a \$275.00 minimum for the retreat. Total suggested donation range: \$275 - \$525
- Full Day Leadership Retreat": We suggest a donation of \$35 per person, there is a \$400.00 minimum for the retreat. Total suggested donation range: \$400 - \$735

### **Questions or Registration:**

To get started with your retreat, to check availability, or to ask further questions please email us at [Renee@soulcareseattle.com](mailto:Renee@soulcareseattle.com), or [Dan@soulcareseattle.com](mailto:Dan@soulcareseattle.com),