

LEADERSHIP & GROUP RETREATS

Details & Booking

Understanding Your Retreat

Soul Care Seattle Leadership and Group Retreats are specifically contemplative in nature, relying on the Holy Spirit to guide each individual, and thereby forming the group. This is done through availing ourselves in the gifts of stillness, solitude, and silence.

The Holy Spirit is the True Director

The organizer and retreat director will speak briefly in advance about the group's spiritual state (exhausted, in transition, eager, wounded, flourishing, etc.)

The retreat director will prayerfully put together a packet with resources (maybe visio divina, lectio divina, quotes, poetry, etc) trusting that the Holy Spirit is bringing these resources to mind for this retreat and the people participating. The guide will also include contemplative *helps* and Ignatian principles intended to free each participant to rest with God - free to notice and listen in the silence for any gift the Holy Spirit intends, free to receive that gift, and free to respond in love.

Because this is a contemplative, Ignatian retreat, participants are encouraged to bring only a journal, leaving their bible, books, and other resources at home. In the same way that we do not show up to a friend's home with resources for the time together, we show up to time together with God Who Loves Us bringing only our curiosity and our desire to be open to both receiving and giving.

The point of your retreat is to be with God. As with a friend, some times spent together are fun. Other times are exciting, adventurous, or loving. Some times time spent together may feel awkward, maybe silent, perhaps annoying, or full of conflict. Only by not filling the time with activities and the air with words, are we able to notice the relational feelings and dynamics each of us holds with God. Only then can we experience God's heart and share our heart with God.

We come to this retreat trusting that the Holy Spirit will fill the silence.

Available for your retreat:

- Beautiful, light-filled main floor with numerous sitting areas, two fireplaces (seasonal), chapel, dining, and kitchen areas
- Spacious and bright, lower level with art stations, sitting areas, and couches for sleeping or resting and space for stretching/yoga

- Two welcoming porches, with heaters in the fall/winter, are available for your group's retreat
- Courtyard with adirondacks and gas firepit (seasonal)
- Leafy north Capitol Hill surrounded by parks, viewpoints and 100+ year old homes and gardens

Flow of Your Retreat

(Half or Full Day):

- 8:45 - 9:00 settling in
- 9:00 Your retreat starts with roughly 30 minutes of group orientation (logistics, contemplative practice reminders, and retreat packet) followed by roughly two hours of individual silence & solitude
- 11:30 - roughly 30 minutes of group sharing and closing
- Half Day Retreats end at noon
- Full Day Retreats break at noon for lunch (brought or ordered in) with the afternoon session ending promptly at 3:00. NOTE: The afternoon session of a Full Day Retreat is organized and led by the group's designated leader

Retreat Options

☐ **Half-Day Guided Retreat 3 hours (8:30am to 12:00pm)**

- Cost: \$400
- Food & Drinks
 - Tea, water & Hot Chocolate (seasonal) are provided
 - Feel free to bring in catered-coffee (i.e. boxed pre-made Starbucks coffee) and/or simple breakfast snack
 - Disposable plates, napkins, cups & utensils are provided
- Timing:
 - Leaders can arrive at 8:30am for set-up
 - Group is to arrive by 8:45am so that the retreat can start on time
 - Retreat closes at 12:00
 - Once the retreat is over, you can linger for another ½ if you'd like, until 12:30pm
- Lunch:
 - Groups often go out to lunch soon after the retreat is over

☐ **Full-Day Guided Retreat 6 hours (8:45 AM - 3:00 PM)**

+ your own catered lunch + your own time (about 1 hour)

- Cost: \$600
- Food & Drinks
 - Disposable plates, napkins, cups & utensils are provided
 - Tea, water & Hot Chocolate (seasonal) are provided
 - Full Day Retreats - Seltzers are provided
 - **Morning:**

- Feel free to bring in catered-coffee (i.e. boxed pre-made Starbucks coffee) and/or simple breakfast snack
- **Lunch (Full Day Only):** you may cater or bring lunch to The Layne or go to a local restaurant and return for the afternoon session
- Timing:
 - Leaders can arrive at 8:30am for set-up
 - Group is to arrive by 8:45am so that the retreat can start on time
 - Retreat Close: Half Day - Noon, Full Day - 3:00PM
 - Once the day is over, you can linger for another ½ if you'd like, until 3:30pm, for saying goodbyes and some cleaning (we will have bins out for your garbage and recycle)

Interested in talking further? Please email: dan@soulcareseattle.com

- With possible dates for your retreat
- What type of group or organization and potential size of group
- Hope for a Half or Full day retreat
- Best days/times to discuss further on Zoom

Dan will get back to you to confirm a time for a call. We look forward to talking with you!