



## Co-Directed Retreat

### Focus:

- Rest
- Renewal
- Restoration
- Structured experience

### Who will this benefit:

The Co-directed Retreat is ideal for those seeking time to listen, pray, read, meditate, write, rest, and enjoy nature as an individual, or as a couple. While all of the Fairhaven retreat offerings have a preventative and spiritual health/formation focus, the co-directed retreat is well suited to a remedial focus for those experiencing times of stressful ministry, difficult transitions, personal brokenness, and loss.

- Pastors
- Missionaries
- Para-Church leaders
- Christian Counsellors
- Faculty and staff at Bible Colleges and Seminaries
- Christian business leaders

### Spiritual practices:

One of our staff will work with the registered guest(s) prior to arrival to co-construct a schedule and routine during their stay. The co-directed retreat will incorporate the following activities in a structured and directed format.

- Regular times of
  - Bible/devotional readings
  - Prayer, listening, reflecting, and meditating
  - Rest
- Practice of the spiritual disciplines
- Engagement in spiritual formation exercises, e.g. Ignatian Daily Examen, Lectio Divina, etc.
- Leisure activities

### What is included:

- Accommodation in one of our beautifully decorated cottages
- Welcome Orientation and Q & A time
- Provision of outlines for spiritual practices
- Directed use of spiritual practices and formation exercises
- Facilitated reflection and times of shared prayer
- Use of the library and Lodge facilities
- Counselling and/or leadership coaching
- Access to our trail system
- Information on local activities

### Fees:

- Subsidized rate of \$85.00/night (min. two night retreat; max. two weeks during peak seasons)
- Counselling, Coaching, Spiritual Guidance @ \$80.00/hour