



Guided Personal / Family Retreat

Focus:

- Rest
- Renewal
- Guided experience

Who will this benefit:

The Guided Personal / Family Retreat is ideal for those seeking time to listen, pray, read, meditate, write, rest, and enjoy nature as an individual, couple, or as a family. The guided retreat recognizes that in the context of listening to oneself and to God's Spirit, it is helpful to have someone else listen with you. A Spiritual guide can meet with individuals daily to offer support, structure, prayerful presence, and feedback as you unplug from the busyness of ministry to experience rest and renewal in the beautiful surroundings of the Fairhaven campus.

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

Spiritual practices that will be utilized:

- Guided and intentional 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
- Guided use of spiritual practices and formation exercises
- Facilitated reflection and times of shared prayer
- Use of the library and Lodge facilities
- Access to counselling and/or leadership coaching, upon request
- 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