

**Self-Directed Retreat**

**Focus:**

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| * Rest | * Personal or family directed experience |
| * Renewal |  |

**Who will this benefit:**

The Personal / Family Directed 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 self-directed retreat provides an opportunity to unplug from the busyness of

one’s ministry in a context of prayer and solitude situated 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:**

* Dedicated 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
* Use of the library and Lodge facilities
* Access to Counselling, Coaching, Spiritual Guidance upon request
* Access to our trail system
* Information on local activities