

Three-Day Guided Silent Retreat

The poet E.E. Cummings once wrote, “Most people are perfectly afraid of silence.” Perhaps you find this true in your life. We often don’t know what to “do” with silence. It feels empty and full of nothingness and that is threatening.

Scripture and countless church Fathers and Mothers have extolled the richness of and need for silence (and solitude!) in the lives of all people.

What gives?!

In the well know biblical account of Elijah’s defeat of the prophets of Baal on Mt. Carmel and his subsequent flight to Mt. Horeb, God pursues his exhausted prophet. We read of God’s encounter with Elijah from 1 Kings 19, “He [God] said, ‘Go out and stand on the mountain before the LORD, for the LORD is about to pass by.’ Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the LORD, but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake; ¹² and after the earthquake a fire, but the LORD was not in the fire; and after the fire, *a sound of sheer silence*. When Elijah heard it [the sound of sheer silence], he wrapped his face in his mantle and went out and stood at the entrance of the cave.”

Elijah didn’t hear God in the wind, earthquake, or fire, but in the *sound of silence*.

God still desires to meet his beloved children in silence and solitude today but most of us need to be guided in *how* to enter silence, *stay* in the silence, and *hear* what it says to us.

To aid in this, we will be offering a three-day *guided* retreat to help people enter into and receive from the gift of silence. Think of “retreating with training wheels.” 😊

The retreat will begin on Thursday evening with a dinner followed by a brief teaching on what will take place during the weekend as well as a Q & A. Each person will meet with a trained spiritual director once each day to help process what is taking place in the silence and discuss any questions or concerns. We will conclude on Sunday afternoon with lunch and a debrief.

The place in which we will meet will be decided by the number of people attending. Some financial cost will be partially offset through Fr. Chris’ Sabbatical Grant.

If you are interested or have additional questions, please contact Debbie Swanson at Debbie@holytrinitybroomfield.com

“In the silence of the heart God speaks. If you face God in prayer and silence, God will speak to you. Then you will know that you are nothing. It is only when you realize your nothingness, your emptiness, that God can fill you with Himself. Souls of prayer are souls of great silence.” Mother Teresa of Calcutta