

Orientation to the Tapestry Spiritual Retreat, February 2-4, 2018

Goal

The purpose of this retreat is to help you develop a conversational relationship with God. While a specific question or issue may be encouraging you to take time out for this retreat, we're not going on retreat the way others would go to a fortune-teller to get a solution to a problem. Instead, we come seeking the grace to see our circumstances clearly and the renewed courage to be who we are called to be – gifts that arise from a deepened experience with Christ. This is a school of prayer, an opportunity to cultivate intimacy with Christ and one another.

Specifically, we seek four gifts from God the Holy Spirit in this retreat:

1. To experience the Spirit's assurance that we are the Father's beloved child
2. To experience the Spirit's convicting and liberating ministry
3. To experience the Spirit's illuminating power of the truth
4. To experience the Spirit's personal guidance in the face of a critical decision

This is the four-fold ministry of the Holy Spirit, which fosters our capacity to know, love and serve Jesus.

Means

We will pursue these gifts through five primary activities:

1. *Brief worship services* – We will adopt the ancient practice of fixed hour prayer, participating in brief and simple worship services in the morning (matins), at midday, and in the evening (compline)
2. *Deep rest* – Most people live with chronic sleep deprivation, so we will give plenty of opportunities to rest, including ending our planned activities early in the evening and enjoying a siesta on Saturday
3. *Communal meals* – We will enjoy five meals together as a group
4. *Teaching sessions* – There will be four one-hour teaching sessions on the topic of listening to God
5. *Times of silence for prayer and reflection* – There will be four one-and-a-half hour periods of silence during which you may follow an exercise of praying, meditating on a Psalm, practicing an spiritual discipline, experiencing quiet, and then journaling

Logistics

You are encouraged to leave electronics at home and if you must have your phone consider switching it to Airplane mode. If you need to leave someone an emergency contact number, you can leave mine (905-630-3390). Be sure to bring your Bible and a journal to record what God will show you.

You won't need to bring your own bedding or towels. For directions, you can [go to their site](#). When you arrive, turn right onto Lane 7094 and the first building on your right is St Matthew's lodge. We'll meet there. You can get a map of the site and hiking trails [here](#). The grounds are great, so bring cold weather gear if you want to enjoy them. There are two kitchenettes available to us, so you can bring your own snacks and drinks.

Schedule

- Friday
 - 7pm: Arrival
 - 7:30: Welcome and orientation to the weekend
 - 8:00: Compline service
 - 8:30: Rest
- Saturday
 - 8:00: Breakfast
 - 9:00: Matins service
 - 9:30: Teaching (Listening to God's Many Voices)
 - 10:30: Silence exercise (Assurance)
 - Noon: Midday service
 - 12:30: Lunch
 - 1:30: Siesta
 - 2:00: Teaching (Listening to God in Confession)
 - 3:00: Silence exercise (Conviction and Liberation)
 - 4:30: Teaching (Listening to God in Scripture)
 - 5:30: Dinner
 - 6:30: Silence exercise (Illumination)
 - 8:00: Compline service
 - 8:30: Rest
- Sunday
 - 8:00: Breakfast
 - 9:00: Matins service
 - 9:30: Teaching (Listening to God in Times of Choice)
 - 10:30: Silence exercise (Guidance)
 - Noon: Midday service (w/communion)
 - 12:30: Lunch
 - 1:30: Departure