

## **Quiet Day Retreats**

**10:00 am to 2:00 pm**

Come and spend time in one of our Quiet Day Retreat!

The day begins with worship, followed by meditative time to ponder the scripture and topic for the day. We gather for lunch, and group reflection for those that want it. We hear a bit more about the day's theme and spend more time journaling, praying, or enjoying another quiet activity as we consider the thoughts God shares with us.

The focus of a quiet day retreat is more contemplative and quiet. We ask that people only speak in designated areas during the sessions. We conclude the day with corporate prayer.

We ask that you register no later than one week in advance. Suggested donation for a "Quiet Day Retreat" is \$25.00. This helps to defray our costs and includes lunch.

### **Oct. 25, 2013 – Playing**

As adults we are told to stop playing and to get to work. Join us as we take a "play day" and reflect on the notion that God calls us to enjoy life and the world around us.

### **Dec. 6, 2013 – Saints & Iconography**

Learn about the meaning behind the artwork as we spend time meditating upon the lives of Christians who continue to be examples for us today.

### **Mar. 28, 2014 – The Body of Christ**

During the Lenten season we will take time contemplating the various meanings of "The Body of Christ".

## **Interactive Day Retreats**

**9:00 am to 3:00 pm**

You're invited to join us for our Retreat Day!

This is a special opportunity for learning and group interaction. We begin with worship, then split our time between private reflection, small and large group discussion.

This is a time of in-depth learning and group involvement. The day ends with corporate prayer.

We ask that you register no later than one week before the schedule retreat date. Suggested donation for a "Retreat Day" is \$35.00. This helps to defray our costs and includes lunch.

### **Jan. 31, 2014 – Sacred Theater**

Come and spend time in the Scriptures as we journey into the sacred text and bring it to life. We will engage in the practice of Bibliodrama and see what new things God may show us

### **Apr. 18, 2014 – Church will be open Good Friday (Free!)**

Join us in observing a Good Friday Service. We will also have the labyrinth and quiet places available for prayer and contemplation.

### **May 2, 2014 – Wesley's Rules**

Find out more about John Wesley, the organization of "the method", and ways we may better understand today's United Methodist Church

## **Registration**

Please sign up early!

To register, visit our website:

<http://silverbrook-umc.org/Pages/RetreatCenter.htm>

and follow the online instructions.

If you have questions or need assistance, email Pastor Martha: [Pastor@Silverbrook-umc.org](mailto:Pastor@Silverbrook-umc.org) or call the church at (703) 690-4159.

Come and experience the presence of God... in the serenity of our sheltering oaks, beautiful butterfly garden, peaceful cemetery, relaxing meditative path, and lovely historic church. When you spend a day in this quiet, prayerful space, you can slow down, take a deep breath, and deepen your relationship with God.

Silverbrook  
United Methodist Church  
and Retreat Center

Jesus said: "Those who drink of the water that I will give them will never be thirsty...(It) will become in them a spring of water gushing up to eternal life." John 4:14

Why should you take a spiritual retreat?

- To grow in love and spend time with God, who loves you very much
- To Set aside unhurried time for deeper exploration of the word of God
- To ponder questions and seek the answers you need for peace
- To learn more about God and yourself.

Join us!

If your church group would like a specific retreat created for you, or to reserve the Retreat Center, simply contact Pastor Martha. We will be glad to reserve a day and/or design a retreat just for you.

Silverbrook UMC reserves the right to cancel retreats if there are not enough participants registered or because of inclement weather. If canceled, registrants who have paid will be given full refunds.

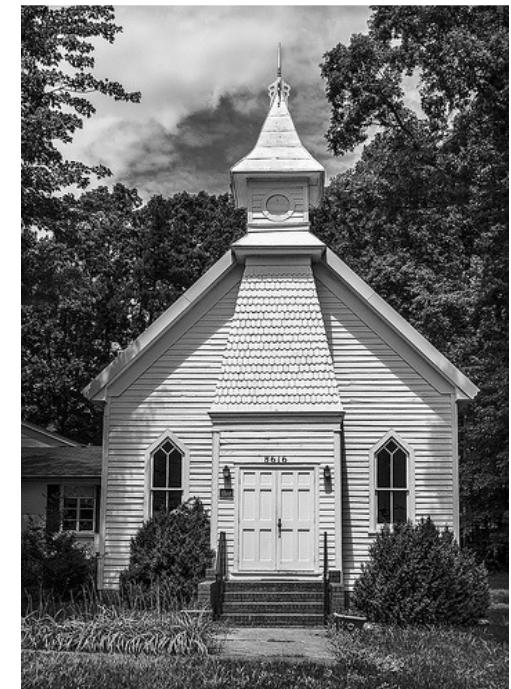
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The Retreat Center  
of  
Silverbrook  
United Methodist  
Church

Fall 2013 – Spring 2014 Retreat Schedule



*The Retreat Center of Silverbrook United Methodist Church offers quiet days for adults to reflect, be still, and find rest away from the stressful world as they seek to deepen their relationship with God*