

**THEN JESUS WAS LED UP  
BY THE SPIRIT INTO THE  
WILDERNESS...**

(MATTHEW 4:1 NRSV)

**...or perhaps you need to  
get away...**

**Retreat**  
**Toward**  
**daring discipleship**

**November**  
**2011**



## **A video of Jesus on retreat**

<http://www.youtube.com/watch?v=P-6a25Yo2wE&feature=related>

Or

**google - on YouTube:**

**'40 - A Video Of Jesus In The Wilderness'**

**Illustrations by Si Smith**

## **Circle of Courage & Renewal:**

**A Retreat with the Moderator Mardi Tindal**

deep listening to God's call within covenant relationship for the healing of soul, community and creation.

**April 20-22, 2012 Five Oaks, Paris ON**

519-442-3212 <http://www.fiveoaks.on.ca/home.htm> or  
[info@fiveoaks.on.ca](mailto:info@fiveoaks.on.ca)



## **Retreats Online - Canada**

This site offers information about Canadian retreats and retreats around the world - hosting more than 2000 conference and retreat centres:

These include  
spiritual, health and business retreats for both individuals or groups.

<http://www.retreatsonline.com/>

**Retreat  
In the midst  
Of daily life.**

Lorna MacQueen  
Hamilton Conference Minister- Faith  
Formation for Discipleship  
The United Church of Canada  
COVER IMAGE - © Lorna MacQueen

**Retreat  
In the midst  
Of daily life.**



**We retreat in  
order to be  
present and then  
move forward in  
faith and hope**

The purpose of a retreat is to leave behind the ordinary patterns of our lives and 'retreat' to a 'place' where we are able to be mindful of our relationship with God.

This 'place' may be a removed physical location or simply a spiritual 'place away' in the midst of our daily lives. Whether it is a physical retreat as well as spiritual retreat, it is the undertaking of a discipline of mindfulness.

Mindfulness of the  
Grace of God.



**HAMILTON  
CONFERENCE**  
The United Church of Canada

# An Online Ignatian Retreat

a 34 week retreat for everyday life

From the Collaborative Ministry Office  
at Creighton University.

(available in English, Chinese, Japanese Russian, Spanish,  
Swedish, Kiswahili)

[http://onlineministries.creighton.edu/  
CollaborativeMinistry/cmo-retreat.html](http://onlineministries.creighton.edu/CollaborativeMinistry/cmo-retreat.html) a mini

This is a free personal online retreat resource available to you to do in your own way in your own time.

Helps are available for both individuals or groups making the retreat.



Each week offers a guide page, prayer and Scripture resources, an audio guide, a photograph and opportunities for online sharing.

The resource is also available for a low cost in book form if you prefer to have a hard copy.

*“The Retreat uses the movements of the **Spiritual Exercises** to help us grow in spiritual freedom and the ability to find intimacy with God in the midst of our every day busy lives.”*

## THE WEEK OF GUIDED PRAYER

A retreat in the midst of daily life

A program of the Hamilton Conference of the United  
Church of Canada

<http://www.weekofguidedprayer.ca>

Churches are invited to host a week of guided prayer for the congregation.

Those who wish to participate then commit to daily spiritual practice. An opening and closing group session takes place at the church, and for six days participants undertake 30 minutes at home in personal reflection and 30 minutes with a Spiritual companion at the church. Through scripture, prayer, journaling and shared reflection, the retreatant centers on God in the midst of daily life.



*“The focus is attention to God's activity in one's life through prayer.*

*The underlying premise is that one of the ways God is interested in communicating with us is through prayer.*

*Rather than drawing apart from our normal agenda, a WEEK OF GUIDED PRAYER helps us to centre on God in the midst of our*

*regular activities.*

*A WEEK OF GUIDED PRAYER is an affirmation of our intention to pray.*

*It is the discipline of prayer within our daily life.”*

ON-DEMAND

## ONLINE RETREATS

ON

### CLASSIC SPIRITUAL PRACTICES AND SACRED TEXTS

<http://www.spiritualityandpractice.com/ecourses/index.php?pg=1>

Programs through **Spirituality and Practice**

Resources for Spiritual Journeys

<http://www.spiritualityandpractice.com/>

The site hosts retreats that teach practices or sacred texts and key teachings of the world's religions delivered via email, online slide shows, audio messages, video clips, and other materials.



**A taste of what is offered on the site:**

[Creating a Monastery of the Heart with Joan Chittister](#) -

Benedictine spirituality — prayer, silence, work, co-creation, hospitality, community, listening heart & humility  
[The Essence of the Qur'an](#) the universal spiritual principles that can guide and strength our hearts —.

[Forgiveness - Growth in Love](#)

[Intercessory Prayer with Jane Vennard](#)

[InterSpiritual Meditation](#) - Motivation, Gratitude, Transformation, Intention, Mindfulness, Meditation, Dedication - drawn from the world's spiritual traditions

[Lectio Divina](#)

[The Liberating Promise of Mindfulness - S. Boorstein](#)

[Living the Hours](#)

[Lovingkindness with Sylvia Boorstein](#)

[The Mussar Pathway to Everyday Holiness](#) - Jewish practice of spiritual self-examination

[Pausing with Terry Hershey](#) - master storyteller .

[The Spirituality of the Gospels with Thomas Moore](#)

(Care of the Soul)

[Welcoming Prayer: Consent on the Go](#) - consenting to God's presence in daily life.

[Wisdom of the Rebbes with Rabbi Rami](#) - four ways to God in Hasidism: wisdom, study, faith, and humility.