

Introduction to the Silent Retreat:

“There is a principle which is pure, placed in the human mind, which in different places and ages hath different names; it is, however, pure and proceeds from God. It is deep and inward, confined to no forms of religion nor excluded from anywhere the heart stands in perfect sincerity. In whomsoever this takes root and grows, of what nation so ever, they become brethren (and sisters).” John Woolman

**“True worship may be experienced at any time, in any place – alone on the hills or in the busy daily life – we may find God, in whom we live and move and have our being. But this individual experience is not sufficient, and in a meeting held in the Spirit there is a giving and receiving between its members, one helping another with or without words. So there may come a wider vision and a deeper experience.”
Quaker Faith & Practice, London Yearly Meeting**

“To give up our imaginary position as the center, to renounce it, not only intellectually but in the imaginative part of our soul, that means to awaken to what is real and eternal, to see the true light and hear the true silence.” Simone Weil

Schedule

9:30-10:30

- We will begin with twenty minutes of silence, then as we feel led, we will worship share on what strengths or weaknesses we discovered within during the pandemic. What practices/disciplines, spiritual or otherwise, assisted your journey? What nourishes you in troubled times? Close with silence.

10:30-12:00

- We will share extended individual Silent Worship to be taken anywhere on the grounds, i.e., in the meeting room, the common area, the library, under the arbor, on a bench, or beside a tree.

12:00-1:15

- Silent Lunch and Active Silence*

1:15-2:45

- We will share extended individual Silent Worship to be taken anywhere on the grounds. (See above 10:30-12:00)

2:45-3:30+

- We will end with an opportunity to worship share about what rose up from our experience. What shifts in awareness or other movements within came out of a day of silence? Close with silence.

***"Active Silence" is doing anything that helps you focus on your soul-work which does not make it harder for someone else to do the same. If you have a soul-work task that requires a laptop, bring it along. Those who find the tappity-tap-tap distracting can enjoy active silence in the meeting room. Going for a silent walk around the grounds or in the neighborhood is an option; so is drawing or painting, writing a very special letter or writing in your journal, or crocheting, or patching your jeans. Whatever! Friends have spoken enthusiastically about how much they enjoy one another's companionship while doing meditative things silently together.**