

On the Journey Retreat Series

Thank you for your interest. This series of retreats is designed for small groups of 15-20 women to be held right in your community. Each retreat provides sacred time and space for both facilitators and participants with easy to use *Facilitator Guides* and *Personal Journals*.

1. **What is this series?** Three-hour retreats held in local communities on topics relevant to women in today's culture. Written for women in all stages of life and spiritual growth, the retreats can be used in any number of ways to enhance the spiritual lives of those in your community.
2. **What are the goals?** Continued spiritual growth for both participants and leaders. Topics honor and continue to develop a woman's sacred self in relationship to Christ. The retreat is enhanced by the retreat team offering sacred time and space where all can experience and appreciate God's presence.
3. **Who facilitates?** Each retreat is formatted for three facilitators: prayer leader, presenter, and guardian angel. A local retreat director or experienced facilitator can also be invited to lead. Each retreat comes with step-by-step guidance and details on what is needed to create an environment in which all have the opportunity to reflect on God's presence.
4. **Is this a social event?** No. Women need time to retreat from the noise and stress of daily activities. A quiet, reflective time and space for prayer and sharing is necessary.
5. **How much preparation is involved?** A two-hour planning meeting is essential for the facilitator team to become familiar with the materials, process, and room setup. Each *Facilitator Guide* has a list of what is needed and clear directions on how to set up and facilitate the retreat.

6. **What retreats are available?**

Choice-making Slow down and reflect on daily choice-making as you learn a four-point process for making healthy choices. Using prayer and discernment as tools in wise choice-making, this retreat focuses on the need for silence in order to listen to God and offers the opportunity to reflect on how healthy friends with similar values can guide choice-making.

Emptying Your Cup: Finding Peace through Letting Go

Reflection and quiet time are essential aspects of the spiritual journey. Take time to reflect on what and how you need to "let go." Practice letting go of internal clutter. Make time and space for God. Experience God's unconditional love.

Listening with the Ear of Your Heart

Listening with the ear of your heart is more than simply waiting for your turn to speak. It is an attitude of openness to God's grace in all situations and a respect for God's presence in every person. Using prayer and reflection, this retreat offers the opportunity to participate in reflective listening as a gift and grace from God.

Transitions: Embracing Change as a Time of Grace

Transition is an ongoing part of the spiritual journey. Reflect on experiences of transition in your own life. Learn how change is an external growth process and transition an internal one. Develop an awareness of God's grace and presence in transitions. Honor the time and energy necessary for healthy transition.



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