

Information to Enhance Your Retreat

WELCOME! Our aim is to provide a sacred space for those seeking to encounter God in community yet alone, in the beauty of nature, and the healing rhythm of sacred quiet - something that is very hard to come by these days! We provide no agenda. It is your quiet day, your way. People come to these "set apart" days for all sorts of reasons...so whatever your reason, welcome, welcome, welcome!

You will be greeted and given a tour of the retreat house and outside venues to help you find "your spot." Some rooms are equipped with a comfortable chair or even a bed for snoozing, while other spaces are open and airy with spacious windows bringing the outdoors in everywhere you turn. View the farm at www.TheLydiaGroup.com.

Whatever your reason for coming, we want you to receive exactly what you need for this leg of your journey. To facilitate that happening, our goal is to provide you a refreshing, gentle day to include:

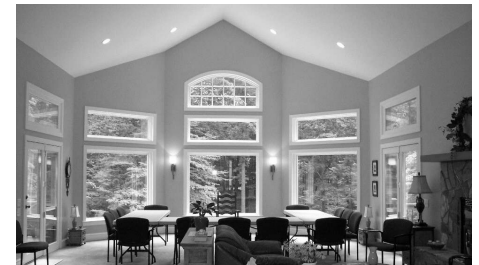
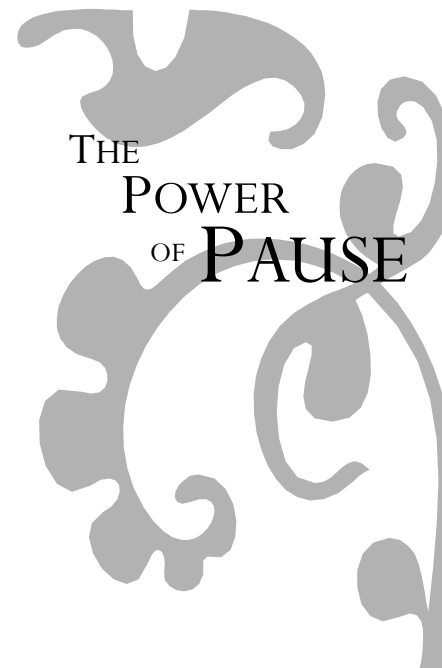
- Sacred quiet space both inside and outside facility
- A community lunch (with soft talking) from 12:00-12:45 p.m. or a "silent lunch" kitchen space at 1:00 p.m. for those preferring to eat in silence
- Suggestive retreat models are available with flow and supported readings - just ask
- Prayer Walk throughout property (guide designed by Jenny Reilly)
- Enjoy walking a seven circuit labyrinth



Quiet Space Fridays have been provided since 2006
by Davidson United Methodist Church in partnership with
The Lydia Group, LLC Spiritual Formation / Retreat Ministry
www.TheLydiaGroup.com

Quiet Space Fridays ²⁰¹²

*An ecumenical offering the second Friday monthly
Starrette Farm Retreat, Statesville, NC*



Why slow down?
Why retreat? Why stop?
Divested of our power,
stripped of our rank;
no longer running things
and keeping time...
Maybe God will finally
get thru to us.
Author unknown

"Come with me by yourself
to a quiet place
and get some rest."
Mark 6:31

Quiet Space Fridays provide a place for...

- pondering, planning and/or preparing “whatever”
- enjoying the beauty of nature and the great outdoors
- silence, solitude and/or study
- praying, listening, dreaming
- writing, reading, drawing, or just being



WHERE: The private retreat of Starrette Farm. The Farm spans 50 acres of rolling woodland, conveniently located just five minutes from the intersection of I-77 and I-40 in Statesville, NC. To learn more, visit www.TheLydiaGroup.com.

DOORS OPEN: 9:00 a.m. - 5:00 p.m.

In an attempt to guard the environment and create a sanctuary of quiet for you and the other guests, it would be most helpful if you could arrive by 9:30 a.m. Because the retreat house was designed with an open feel, greeting new arrivals, putting away lunches, quick tours for new folk, finding your special spot, etc. - all lend opportunity for disruption.

COST: \$20.00 per person per retreat (sorry, no refunds or transfers). 10% of proceeds go to The Quiet Garden Trust: www.quietgarden.co.uk

REGISTRATION REQUIRED by post mail with registration form and check, or by contacting Ann Starrette at starrette@mindspring.com or 704-488-5825.

SPACE LIMITED: Each retreat day is limited to six people.

DIRECTIONS: Because this is a private retreat space, directions will be sent via e-mail following registration.

“TRY-ON” LIFE COACHING: Contact Nicole Greer, PPCC, at least 24 hours in advance at Nicole@TheVibrantCoach.com or 704-502-4953. Coaching fee payable directly to Nicole.

BRING: Your own bag lunch; beverages provided.

WEAR: Your most comfortable clothing; walking shoes if you like.

FLOW: This is your “free to do whatever” day. Coffee will be waiting for you. You are encouraged to set a personal intention for the day. Identifying your intention helps you set it in motion! At noon, enjoy your bag lunch with the group or alone, then slip back into your private space. Depart when you are ready.

Quiet Space Fridays Registration

NAME _____

ADDRESS _____

CITY, STATE, ZIP _____

PHONE _____

E-MAIL _____

Indicate below the day(s) for which you wish to register.

Copy form (if necessary) and mail.

Cost: \$20.00/day, due with registration.

SECOND FRIDAYS, 2012

- | | |
|-----------------------------------|------------------------------------|
| <input type="radio"/> January 13 | <input type="radio"/> July 13 |
| <input type="radio"/> February 10 | <input type="radio"/> August 10 |
| <input type="radio"/> March 9 | <input type="radio"/> September 14 |
| <input type="radio"/> April 13 | <input type="radio"/> October 12 |
| <input type="radio"/> May 11 | <input type="radio"/> November 9 |
| <input type="radio"/> June 8 | <input type="radio"/> December 14 |

Total enclosed: _____

Sorry, no refunds or transfers

Make check payable to:
The Lydia Group, note “Quiet Space” in the memo

Mail to: Ann Starrette, Registrar
PO Box 1288, Troutman, NC 28166