



# SOLITUDE RETREAT

SEWANEE, TN | NOV 15 - 17

*A weekend of silence, prayer, and serenity*

## **Friday**

Arrive and check in with Betsy at St. Mary's Hall

6:00 **Dinner**

7:00 **Welcome, Arriving and Leaving Behind**

Introduce Community Prayer & Silence, and Lectio Divina

*Leave in silence*

Session 1 for those who want guidance (optional more info to come)

## **Saturday**

7:30 *Community Silence & Prayer*

8:00 **Breakfast** in silence

Noon **Lunch** in silence

5:00 Session 2 for those who want guidance (optional more info to come)

6:00 **Dinner** in silence

8:00 Night prayers *with Community Prayer & Silence*

## **Sunday**

7:30 *Community Silence & Prayer*

8:00 **Breakfast** in silence

8:45 Next Steps

9:00 Closing Worship with Holy Communion

*Final walk through*

11:00 Leave for home

**Optional activities:** Sit outside, walk the quarter-mile trail, walk the Labyrinth, creative silence through art

**Off site** there are hiking trails nearby (more info to come)

**St. Mary's Sewanee**  
**The Ayres Center for Spiritual Development**

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