



## What to bring with you

### A few essentials that you must bring:

- Personal items/toiletries
- Towels
- Sleeping bag/pillow and all bedding
- Flashlight

### Lodge facilities include:

- **Shared** rooms with bunk beds & private showers
- Common seating area and Wi-Fi
- Lockers

### Retreat questions?

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2018 Retreat  
Weekend  
*“Prayer Beyond Words”*  
October 12-14  
*Camp Elphinstone*  
1760 YMCA Road  
Gibsons, BC

## On-line Registration

### October 12 -14 Weekend:

<http://www.tinyurl.com/formation-oct>

**(Register by Sept 25th)**

Your **\$75.00 fee\*** includes all accommodation/meals/snacks; the majority of the cost is subsidized by our project sponsors.

\* No refunds after Sept. 25/18

**Pro Mundi Vita**  
**For the Life of the**  
**World**  
**“Prayer Beyond**  
**Words”**

**2018 Spiritual**  
**Formation**  
**Weekend Retreat**  
*(A “Next Generation”  
Pilot Project)*

This retreat uses art, culture, literature and scripture, to expand our experience of prayer. Rooted in the Anglican tradition, it seeks to assist us in encountering God in our daily lives and activities. The experience meets you where you are, and supports you to further your personal faith journey.



Diocese of New Westminster  
ANGLICAN CHURCH OF CANADA

**ANGLICAN**  
FOUNDATION OF CANADA



*Spiritual formation begins where you are and incrementally guides you into a deeper and more profound encounter with the living Christ...*

### **For the Life of the World**

### ***“Prayer Beyond Words”***

### **An Anglican Spiritual Formation Retreat – Oct. 12-14/18**

Participation in a Spiritual Retreat suggests something about what we believe about God. That is, we believe that we are met by God when we step away from our everyday situation. Spiritual retreat is a “third place”; it is outside of our home and our church. It can provide a unique lens on these more routine places and provides insight and renewal for us to re-enter these more ordinary places with renewed vigor.

One of the goals of the Retreat is to meet people where they are and to respond

to their needs, in order that they might better encounter God and be equipped to further their spiritual journeys.

The format of the Retreat supports spiritual formation through personal encounters with God through the power of the Holy Spirit. While this is not a “silent” retreat - silence, rest and quiet contemplation together will shape our time.

Using creative structured exercises, each individual is empowered to experience refreshment through new ways to pray, to reflect on her or his own faith journey and to seek a time of contemplative rest in God and in community.

**(Turn over for registration information)**

## ***“Prayer Beyond Words” The Retreat Schedule\****

### **Friday night:**

#### ***Words into Silence***

4:00 pm Registration Opens

6:00 Dinner/Introductions

7:00 Session 1 & Evensong

### **Saturday morning:**

#### ***Words that make us Whole***

8:00 Breakfast

9:00 Session 2

11:30 Free time

12:00 Lunch

### **Saturday afternoon:**

#### ***Words that make me Whole***

1:00 Sessions 3

3:00 Session 4

6:00 Dinner

7:00 Compline (Campfire)

### **Sunday:**

#### ***Word(s) Made Flesh***

9:00 Breakfast

10:00 Session 5

10:30 Holy Eucharist

12:00 Lunch

12:30 Reflection/Evaluation

2:00 Travel home and return to the world where God has placed you. ☺

**(\* Times are subject to change)**