

## Women's Affinity Retreat

### Friday Evening Resources

As you begin to turn your mind and attention toward Saturday, here are some suggestions to guide your heart and mind toward presence and renewal.

**Welcome!** *We are glad that you are here...*

**Dinner** – If you are dining alone or with family, you might begin to think about and talk about what your hopes or anxieties for this day might be. Write them down...pray them...release them to the Spirit.

**Silence** - You may choose to join monastics, retreatants and seekers from around the world in a time of silence after dinner, or when your evening plans have concluded, when the kids are in bed...

**Prayer** – You might choose to light a candle, sit in a familiar place of prayer or your favorite chair, or you may be falling into bed...Here are some prayer suggestions:

Consider offering a prayer for all who will be journeying to Hallowood on Saturday, March 3<sup>rd</sup>. If you would, include the drivers, riders, and the staff of Hallowood Retreat Center that awaits our arrival with intention to provide hospitality and warmth.

*...The Lord Almighty grant us a peaceful night and a perfect end. Amen....*

*...Keep watch, dear Lord, with those who work or watch or weep this night, and give your angels charge over those who sleep. Tend the sick, give rest to the weary, bless the dying, soothe the suffering, comfort the afflicted, shield the joyous; and all for your love's sake. **Amen.***

*...Gracious God, we give you thanks for the day, especially for the good we were permitted to give and to receive; the day is now past and we commit it to you. We entrust to you the night; we rest securely, for you are our help, and you neither slumber nor sleep; through Jesus Christ our Lord. **Amen....***

It is our hope that you will have a restful night and safe journeys, arriving at Hallowood Retreat Center between 8:30-9am to give yourself a day of renewal and retreat. Continental breakfast will be ready at 8:30.

Peace on the journey...