

“Quiet Space Friday was one of the most wonderful days of my life. I found God just waiting for me to turn toward Him. I left filled, and still am.
Thank you.”

“I love Quiet Space Fridays as a day to get recharged for ministry. These days of silence, with walks on the forest trails, are always restful and refreshing.
Thank you, thank you!”



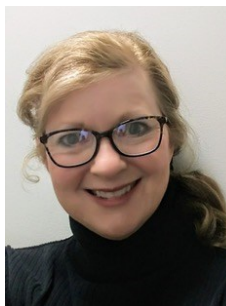
Quiet Space Fridays are provided by
Davidson United Methodist Church
in partnership with The Lydia Group, LLC
Spiritual Formation / Retreat Ministry
for all God’s people.

TheLydiaGroup.com



Starrette Farm is a member of the
worldwide Quiet Garden Movement
which nurtures access to outdoor spaces
for prayer, contemplation, rest,
and inspiration.

QuietGarden.org



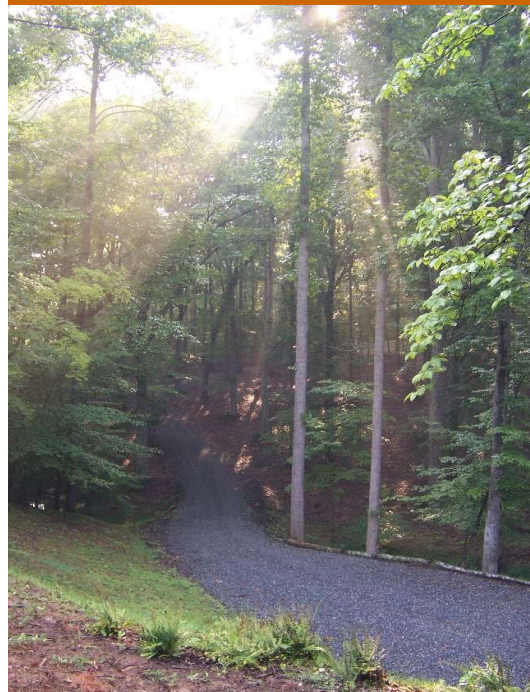
Questions?

Contact Audrey Brendel, your host
828-551-5935
QuietSpaceFridays@gmail.com

Quiet Space Fridays

2020

An ecumenical offering
the second Friday monthly



Starrette Farm Retreat
Statesville, NC

Come to me, all who labor and are
heavy laden, and I will give you rest.
Matthew 11:28

Does your spirit need to be nourished?

Have you ever just wanted to
get away from it all?
Put the world behind you and just be?

If so, Starrette Farm Retreat is
the perfect haven where you can
rest, reflect, and renew your spirit.
Jesus frequently withdrew to a quiet place
to nourish his spirit.



Experience sacred space to encounter
God in community yet alone, in the beauty of
nature, and the healing rhythm of sacred quiet.
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.

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 of the facility.
- **A community lunch** (with soft talking)
from 12:00—12:45 p.m. or a silent lunch
in the kitchen space at 1:00 p.m. for those
preferring to eat in silence.
- **Suggested retreat models** are available
with flow and supported readings—just ask.
- **Prayer Walk** throughout property
(guide designed by Jenny Reilly).
- **Seven-circuit labyrinth** or sitting by
the pond.

Renew

Retreat Details

Where

The private retreat of Starrette Farm spans 50 acres of rolling woodland, conveniently located just 5 minutes from the intersection of I-77 and I-40 in Statesville, NC.

Learn more at www.TheLydiaGroup.com. Because this is a private space, directions are not on the website, but will be sent via email following your registration.

Limited

To give folks ample inside space, each retreat day is limited. When 12 paid registrations are received, registration will close.

Registration

Use the provided form (one per person) or register online at thelydiagroup.com/quiet-space-fridays.

Please note: We understand that things may come up in your busy life that prevent you from being able to attend as planned, but we regret that paid reservations are non-refundable. In these cases, we will consider your payment a donation to our on-going ministry.



Retreat



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 folks, finding your special spot, etc. all lend opportunity for disruption.



Rest



Bring

Your own bag lunch; beverages provided.

Wear

Your most comfortable clothing - and 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.



Reflect

Registration

Register online at
<https://www.thelydiagroup.com/quiet-space-fridays/>
or mail to
Audrey Brendel, Registrar
887 21st Ave NE, Hickory, NC 28601
(Copy form as needed.)

Name

Address

City, State, Zip

Phone

Email

Second Fridays, 2020

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

Total enclosed: _____

Cost: \$25.00/day, due with registration;
make check payable to The Lydia Group,
note “Quiet Space.”