Quiet Space Fridays
2020
An ecumenical offering the second Friday monthly

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.

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

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

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.

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

“Quiet Space Fridays 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

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Starrette Farm Retreat
Statesville, NC

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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 Details
Second Fridays, 2020
- January 10
- February 14
- March 13
- April 10
- May 8
- June 12
- July 10
- August 14
- September 11
- October 9
- November 13
- December 11

Total enclosed: _______

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

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.