

Welcome to your Virtual Silent Prayer Retreat!

This year's topic is "The Lord's Prayer" so each session will begin by praying the prayer together. We encourage you to recite the prayer with us, even though you may be alone in your home or a cabin.

A few other suggestions to make your Virtual Retreat as meaningful as possible are:

- First, smile and enjoy your time! God is delighting in spending this time with you.
- St. John of the Cross said "Silence is God's first language" so try to eliminate as many distractions as possible such as cell phones, computers, social media, etc. Determine to just "be" with Jesus in the time
- Review the Overview & Instructions that are available for download. These include some suggestions and optional Scriptures for you to review during your downtime between sessions. The Overview & Instructions also indicate which handouts are meant for which session.
- Try to provide ample time for yourself time between Sessions. In-person retreats provide at least 3-4 hours between each Session, providing time for you to rest, review the Overview & Instructions, review the Exercises provided and determine if you would like to take part in the Exercises or spend time in the Scriptures or do something completely different.
- Remember, the Holy Spirit is your Retreat Director. We purposely keep the Session short and concise, in hopes that the Holy Spirit will stir something within you that continues into the hours that follow.
- When you feel that you have completed the Exercises, the Scriptures provided, or whatever the Holy Spirit has laid on your heart, then move on to the next session.
- If you have any issues with the technology or materials, please contact the district office at 715-258-8118 or Suzanne at 262-388-9016.

Know you are loved & prayed for,
Mark & Suzanne