

Enter the Quiet

FRIDAY

3pm - 5pm	Arrive & Settle
5:00 pm	Orientation Circle ~ Studio
6:00 pm	Supper
7:15 pm	Opening Circle into the Quiet ~ Studio Bring altar item

SATURDAY

7:30 am	Silence Together ~ Spirit House
8:15 am	Breakfast
9:15 am	Morning Guided meditation ~ Studio
9:30–11:30 am	Music for Movement & Meditation ~ Studio
12:30 pm	Lunch
4:00 pm	“Connect with Helping Spirits” Guided meditation~ Studio Review instructions in packet
5:00 pm	“Letter to Your Self” ~ Studio
6:00 pm	Supper
7:30 pm	Sound Bath with Stacey ~ Studio

SUNDAY

7:30 am	Sitting with the Fire ~ outside fire circle Bring anything you wish to let go to the fire
8:15 am	Breakfast
9:15 am	Morning Guided meditation ~ Studio
9:30 – 11 am	Music for Movement & Meditation ~ Studio
11:30 am	Closing Circle for Sunday Group ~ Studio
12:45 pm	Early lunch available for Quiet
1:00 pm	Lunch & Sunday Group Departure
2:00 pm	Monday Members Circle Reset ~ Spirit House
4 – 5:30 pm	Music for Movement & Meditation ~ Studio
6:00 pm	Supper

MONDAY

7:30 am	Silence Together ~ Spirit House
8:15 - 10am	Continental Breakfast available
9:00 am	Morning Guided meditation ~ Studio
10:30 am	Closing Circle for Monday Group ~ Studio
11:00 am	Brunch

Retreat Schedule Details

- ❖ Once you have arrived and settled in, you are welcome to join other participants in the Farmhouse living room or the Studio to connect before our first circle. We will use votive candle holders on our communal altar in the Studio, so feel free to stop by and decorate one if you like.
- ❖ We gather at 5pm in the Studio for our [Orientation Circle](#). If you have brought materials to share with the group, bring those along to add to our Shared Materials table.
- ❖ After supper, we gather for our [Opening Circle](#). Bring your altar items & a flashlight. We will cover any remaining logistical questions, then open into the Quiet.
- ❖ The opening and closing circles are valuable touchstones for our retreat community, and it is recommended that everyone attend. Otherwise, all the activities on the schedule are completely optional.
- ❖ Most of us have a great deal of virtual communication going on in our daily lives, so we encourage you to “unplug” from your technology during the retreat. We will hold any devices for you if you wish.
- ❖ Our group message board will be in the Dining Room. Check the board during mealtimes for schedule changes or other important information. Leave messages for the group on the board if you wish.
- ❖ ***Your facilitators are available to support you at any time during the weekend.*** If you are unable to find a facilitator, leave a message on the notepad outside our bedroom door.
- ❖ A gong will be rung outside 10 minutes before each meal (except for Sunday lunch), and 15 minutes prior to each Closing Circle. The buffet is generally open for 45 minutes after the meal start time.

- ❖ **Silence Together** in Spirit House is space to gather to meditate or simply to sit in silence in the company of others. Come and go as you wish; no guidance or facilitation will be offered.
- ❖ **Morning Guided meditations** are a simple ten-minute guided journey to begin the day. The focus of the meditation will arise in the moment.
- ❖ **Music for Movement & Meditation** time is scheduled throughout the retreat. The music will be at relatively low volume, and is created to offer a backdrop for movement, yoga, creative expression, meditation ~ any way you would enjoy having music to accompany you. Come and go as you wish. The morning sessions include some tracks that are more energetic and rhythmic, but most of the music is soft and flowing.
- ❖ The instructions for **"Connect with Helping Spirits" Guided Meditation** are on page 8 of this guide. [Click here](#) to jump to the instructions.
- ❖ **"Letter to Your Self"** is an invitation to pause and reflect on your retreat experience thus far. The materials and instructions for the letters will be available in the center of the Studio from late Saturday afternoon through the beginning of evening meditation. After that, the materials and drop off basket will be available on the shared materials table until the Closing Circle.
- ❖ Stacey Pickering will offer her **Sound Bath** on Saturday evening. She will share more information about the experience during our Opening Circle.
- ❖ **Sitting with the Fire** will last no more than an hour. Come and go as you wish. Bring anything you wish to offer to the fire; paper and pen will be available for this purpose as well. The fire will be outside unless the weather is not agreeable; any change to the location of the fire will be announced on the Dining Room message board.
- ❖ As we gather for either **Closing Circle**, we will take a few minutes to complete retreat evaluations. Come to the circle a few minutes early if you would like extra time to fill them out. The closing for the Sunday Group is open to anyone in the Monday Group who wishes to come. Monday Group members in the circle can choose to share, or remain in silence, during the circle.
- ❖ We have arranged for a 15 minute "head start" for Sunday lunch, for anyone in the Monday Group who wants to have a quiet meal before the Sunday Group arrives for a "talking" meal. Feel free to take your lunch to the Farmhouse kitchen or another location, or sit at the "quiet table" booth in the Dining Room during the meal.
- ❖ On Sunday afternoon, those remaining will gather for a **Monday Members Circle Reset**, a short fire ritual to reform our retreat container.

- ❖ Unless otherwise instructed, leave your sheets & blankets on your bed when you leave. Towels & bathrobes can be left on the bathroom floor.

Creating a Community of Care: our Agreements

- ❖ Please let Mary know before the Opening Circle if you have any significant medical conditions, so that we can have a conversation about any needs you may have while you are at Hope Springs.
- ❖ Any personal information that is shared within the retreat will be held in confidence. Outside of the retreat, share any insight you have received and leave out another's personal details.
- ❖ Brief, quiet conversation to communicate needs or ask for information is fine. If you decide to have an extended conversation with another guest, please go to the office so that the silence can be respected.
- ❖ If you need to make a phone call during the retreat, please use the office so your call does not disturb the retreat silence. If you do not have cell service, you are welcome to use the office phone.
- ❖ Let a facilitator know if you will be walking out on the land or trails for an extended period. You can write your departure time on the Dining Room message board, or in a note for a facilitator.
- ❖ If you choose to leave before the end of the retreat, please let a facilitator know so that we know you are safe. If you leave early, consider writing a farewell note & leaving it with a facilitator ~ we will share it with the group at the Closing Circle unless you ask us not to share it.
- ❖ You are welcome to take pictures during the retreat, but do not take pictures of other participants without their permission.
- ❖ Wash your hands before handling shared materials and spaces, such as books, art supplies, table surfaces, yoga supplies, etc.
- ❖ If you wish to set aside any items such as seat cushions and yoga props in the Studio for only your use, place them together next to the wall and put your name on them.

- ❖ Wash the dishes you use from the kitchen areas in the buildings. Return any mugs or dishes taken from the dining room during the next mealtime.
- ❖ Put away any materials used in the Studio when you are finished using them, such as seat cushions, art supplies, or yoga props. If you use one of the activity tables in the Studio, clear the table when you are finished so other guests know it is available.

The Land at Hope Springs

- ❖ You are encouraged to get to know the land as part of your retreat experience. Hope Springs [Guest Orientation Guide](#) is a useful tool to learn more about the land and the sacred sites.
- ❖ In addition to the seating available throughout the grounds, there are camp chairs and straw mats located in the Studio yoga closet for your outdoor use. Do not take Hope Springs indoor blankets, bedding, back jacks, or yoga props outside.
- ❖ Help yourself to the umbrellas and bug repellent that are located near the doors of most buildings.
- ❖ Take a flashlight with you when walking outdoors at night. Flashlights are provided in each bedroom; let Hope Springs staff know if you cannot locate one.
- ❖ When using the hot tub, wear nothing or a well-rinsed bathing suit (no underwear or clothing). Turn off jets and re-cover the tub when you are done. Be sure to shower before entering the hot tub if you have oil or lotion on your skin.

Hope Springs Buildings

- ❖ The bathrooms in each building are shared by everyone, so be sure to keep any bathroom doors that provide public access unlocked when bathroom is not being used.
- ❖ In consideration of safety and sensitivities, do not burn candles or incense in your room.

Studio

- ❖ The main meeting area of the Studio is available as common space throughout the retreat. Tables are set up for creative space, and art supplies are available in the Art closet near the south entrance. Yoga props can be found in the Yoga closet by the east entrance, as well as extra folding chairs and beach towels.
- ❖ Extra tables can be found in the art supplies closet. If you choose to use art supplies on the floor, take care to protect the floor and rugs from damage.

Farmhouse

- ❖ The fireplace in the Farmhouse living room is available for your use at any time. Always keep the damper open and the wire cover on the fireplace. Be sure to close the fireplace doors if you are the last one to leave the living room. Firewood is located on the porch.
- ❖ There are several Farmhouse common areas available to enjoy, including a library and lounging area on the second floor. Help yourself to the books on the shelves and return any borrowed books before you leave.
- ❖ There are bathrobes, flipflops and beach towels near the south entrance door, available for those using the hot tub.
- ❖ The Hope Springs gift shop is in the Farmhouse, between the kitchen and living room.

Spirit House

- ❖ Leave your shoes inside the door. Space heaters are available to use while you are using the space; turn off space heaters if you are the last person to leave the space.
- ❖ The benches along the walls of Spirit House have extra blankets, cushions, and back jacks. They also contain materials for small ceremonial fires. Open both doors and the windows when building a fire. Turn on the exhaust fan if the space becomes too smoky; the switch is on the north wall. Remain in Spirit House until the fire is completely extinguished. If you would like assistance in building a ceremonial fire, let a facilitator know.

Dining Room

- ❖ The Dining Room is always open, and you are welcome to help yourself to hot water and snacks at any time. Extra food from previous meals is often available in the small refrigerator. Ingredients to make s'mores are in the cabinet beneath the buffet tables.
- ❖ There are two bathrooms located in the Dining Room with accessible showers.

Resources Available During Your Retreat

- ❖ Unless a phone message is urgent, Hope Springs will leave any messages in the dining room to be picked up at mealtimes. If you anticipate any time-sensitive messages to be left on the Hope Springs voicemail or email, let Mary know and together we will make a communication plan.
- ❖ Enjoy the shared materials table in the Studio at your leisure. Return any materials you use to the table when you are finished with them. Pick up the materials you brought before you leave the retreat. On the "Give Away" side of the table, there are handouts with readings and instructions for simple retreat activities which are yours to keep if you wish.
- ❖ A note pad and pen will be available in most common areas for writing short notes if needed.

Connect with Helping Spirits

Guided Meditation

This group meditation will involve quiet drumming or music, and simple spoken instructions. Bring your journal, and any other blankets, pillows, eye cover, or cushions you wish to use. There are yoga blankets and large pillows available in the Studio for your use.

This meditation is an opportunity to consciously connect with your own unique configuration of beneficent support.

Helping Spirits can manifest in a number of ways...

- Religious or spiritual masters
- Living people with whom you have a close, warm relationship
- Well ancestors or loved ones who have died
- Animals and plants with which you feel a special connection
- Energy forms like color, sound, mantras

As you arrive for the meditation, consciously invite your Helping Spirits to the session. Create a space on the floor so that you can comfortably lay down, using your cushions, pillows, and the materials available in the room. You can also sit using a back jack or chair if you wish.

You will be offered a small stone to hold during the meditation if you wish. This can be a helpful touchstone for you to carry your meditation experience forward. You are welcome to keep the stone and take it home with you.

The meditation will last 20-25 minutes. Take time after the mediation to record, in your journal or with artwork, what you wish to carry forward about your experience. Art supplies will be available in the Studio, or you can bring your own.

Record the experience while it is fresh in your mind and body: the words, the sensations, the sights, the emotions, the sounds, the symbols...anything that feels important or mysterious.

Be open to continued interaction with your meditation experience in the days to come, and in particular during your dreamtime.