

# The Pilgrims Place

## About Guided Retreats or Quiet Days.

Do you long to grow in your intimacy with God? This too has been the desire of my heart. As I have journeyed along my spiritual path I have learnt many ways of drawing close to the heart of God. Leading a Quiet Day or Retreat is an opportunity to pass on what God is teaching me. I offer myself to any group desiring to deepen their relationship with God.

Outlined below are a number of Quiet Days I have led with comments from participants. Every Quiet Day is individual to the particular group so I have included a request form that would help in discerning if I am the right person to lead your Quiet Day.

A whole day may seem a long time to just be doing nothing but listening. A guided Quiet Day enables you have some different activities that connect with your mind, body and spirit-the total you.

Although our home and garden is open for Quiet Days it is still just a home in suburbia but hopefully can help you find God in the midst of life. Alternately you may prefer to find a place that is more distant from the normal noise of suburbia. I am happy to come to you wherever you may wish to arrange your Quiet Day. God will come to meet you if that is the desire of your heart.



### **A little about me.**

Judy Kennedy is a mother of 5 and grandmother of 9. After training as a nurse, I married Rod and we joined Wycliffe Bible Translators working as translators for 18 years. We translated parts of the Bible into Kala Lagaw Ya, the language of the Western Torres Strait.

Later I completed a Bachelor of Social Science majoring in Pastoral Counselling and have certificates in Expressive Therapies. Since graduating I work as a counsellor for women and children in a non government organization..

I am currently a member of St Laurence's Anglican Church, Caboolture where Rod and I are Lay Assistants and help run a service in an aged care home. We have a Home Group in our home every Wednesday evening.

During my training in Expressive Therapies I discovered processes that spoke deeply to my spirit. There is a total involvement of mind, soul and body. I have been drawn to the Contemplative Tradition that invites me, as Richard Foster puts it, 'to the adventure of exploring in "normal Christian life" a loving attention to God and a growing union with God.' A further influence has been Celtic Spirituality with its emphasis on The Trinity and involving prayer into all the daily round of activities. We are currently Explorers with the International Community of Aiden and Hilda which seeks to live a life in a rhythm of prayer, work and recreation.

## Quiet Day Topics Available.

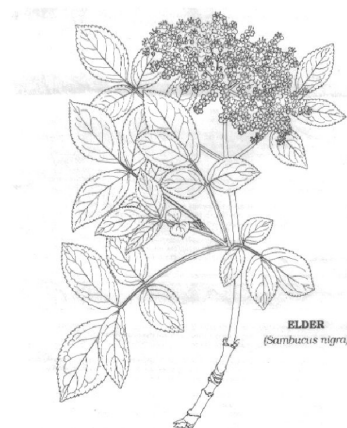
When deciding to have a Quiet Day for a group try to understand what your participants hope to gain from coming to a Quiet Day. Some folk prefer days of long periods of silence whereas others may not be used to silence and a more introductory approach is needed. Be clear about your goals. If fellowship is important then some group discussion time may be included. The Quiet Days will be adapted to the needs of your group.

**1. Exploring Our Fragrance in Christ, through the symbolism of Herbs.** Six herbs are discussed to awaken our awareness of God dwelling in us and spreading His fragrance through our joy, wisdom, compassion faithfulness and love. Participants create their own mandala of their own fragrance which is a delight and surprise to each person. There are handouts on each herb, guided meditation and personal quiet time for reflection.

This Quiet Day can easily be adapted to take a different slant Exploring the attributes of God using the symbolism of Herbs .

Comments by participants: "I could do this topic again and encourage others to come" "It was very special to share in a day prepared by you and God, Judy, and be in the loving embrace of your house and garden". "A wonderful insightful day".

Suggested time frame: 9am – 2.30pm. Could easily be longer and taken over 2 days.



**2. From Prison To Praise.** Explores the healing of the demonic in Mark 5: 1-20 through guided meditation, scribbling, body movement and quiet reflection time and discovery of their "New Name".

Comments by participants: "Scribbles were fun" "Each activity fed into the next so each equally helpful". "Physical exercises very helpful". "Body movement with Psalm most helpful". "The process of writing out our prisons". "I liked your use of senses learning" "The imagination of the retelling of the gospel story".

Suggested time frame: 9am – 3pm



**3. Seasons of the Soul** Using the story of Joseph from Genesis 37: 12-24 discover how the seasons of Autumn, Winter, Spring and Summer reflect the pattern of Life Death Life that Jesus demonstrated. Quiet reflection time after each session with process activities.

Suggested time frame: 9am – 5pm but 2 days would be better.

**4. Celtic Prayer Writing Workshop.** Learn the basic elements of Celtic prayers with guided practice sessions then try your hand at writing your own prayer for a typical daily activity. The second session looks at the key elements of liturgical prayers with an opportunity to write your own. A further session would look at writing your own guided meditation for a local beauty spot or in your own garden or home. It is about discovering how God can speak to you through nature and everyday activities.

Comments by participants: Participants were surprised to discover they could write beautiful Celtic prayers. "This 'activity' based prayer can be life changing – I would like to practice it more". "I enjoyed the new concepts of prayers being relevant and making poetry to God". "I enjoyed the personal prayer sharing – delight in beauty and breadth of everyone's prayers". "I enjoyed this 'exercise' of writing prayers myself but found when I read it out loud it was more than just an 'exercise'".

Suggested time frame: Depends on how many sessions. Each session takes a half day.

**5. How Does God Speak to Me?** Learning to tune in to the world around us using the garden as a starting point. Being attentive to what is attracting us. Developing the use of our five senses to meditate on a leaf.

Suggested time frame: A shorter Quiet Time that could fit into a morning or start with morning tea then have this session. Men and women have found this helpful.

**6. Conversations with God in a Suburban Garden** – A power point presentation suitable for group gatherings such as breakfasts, coffee evenings etc. Introduces the idea of Quiet Gardens. The photos illustrate how we can converse with God in our gardens and listen to God through noticing what is happening in the garden.

Suggested time frame – 1 Hour.

This year I hope to add **IN The Steps Of Mary**. A Quiet Day tracing Mary's journey as the mother of Christ and finding similarities in our own lives. A day to prepare our hearts for Advent.