

## Retreat Day

10:00 to 4:00 pm

You're invited to join us for our monthly Retreat Day (RD), **a special opportunity for learning and group interaction.** We begin with worship, then split our time between private reflection, small group meetings, and large group discussion. After lunch we spend more time in small and large groups, and the day ends with worship and communion. (The agenda may vary, depending on the topic.)

RDs are **limited to 12 registrants**, and we ask that you register and pay one week in advance. Suggested donation is **\$40** which includes lunch.

Please **sign up early.** Registration forms are found on our website: [www.Silverbrook-umc.org](http://www.Silverbrook-umc.org) or by emailing Pastor Kim at [Pastor@Silverbrook-umc.org](mailto:Pastor@Silverbrook-umc.org) or by calling the church (703.690.4159).

### 2010 RD Dates

Oct 9	Forgiveness
Nov 13	Mind, Body, Spirit

## Quiet Day Retreat

10:00 am to 2:00 pm

Our monthly Quiet Day Retreat (QDR) begins with worship, followed by solitary time to ponder the scripture and topic for the day. We gather for lunch and group reflection, then spend more time alone journaling, praying, or enjoying another quiet activity. Our day closes with worship and communion.

QDRs are **limited to only 5 registrants**, and we ask that you register and pay one week in advance. A donation of **\$25** is suggested which includes lunch.

**Please sign up early.** Registration forms are found on our website: [www.Silverbrook-umc.org](http://www.Silverbrook-umc.org) or by emailing Pastor Kim at [Pastor@Silverbrook-umc.org](mailto:Pastor@Silverbrook-umc.org) or by calling the church (703.690.4159).

### 2010 QDR Dates

Sep 24	Forgiveness
Oct 22	Mind, Body, Spirit
Nov 19	Advent
Dec 10	Gifts of Christmas

Please arrive at 9:45 am to sign up for lunch, etc.


## Questions?

Please contact Pastor Kimberly Barker-Brugman at [Pastor@Silverbrook-umc.org](mailto:Pastor@Silverbrook-umc.org) or call her at 703.690.4159.

*Come and experience the presence of God... in the serenity of our sheltering oaks, beautiful butterfly garden, peaceful cemetery, relaxing meditative path, and lovely historic church.*

*When you spend a day in this quiet, prayerful space, you can slow down, take a deep breath, and deepen your relationship with God.*



**Silverbrook Methodist Church**  **Methodist Center**

Jesus said: *“Those who drink of the water that I will give them will never be thirsty... (It) will become in them a spring of water gushing up to eternal life.”* John 14:4

**Why should you take a spiritual retreat?**

- To grow in love and spend time with God, who loves you very much
- To set aside unhurried time for deeper exploration of the word of God
- To ponder questions and seek the answers you need for peace
- To learn more about God and yourself.

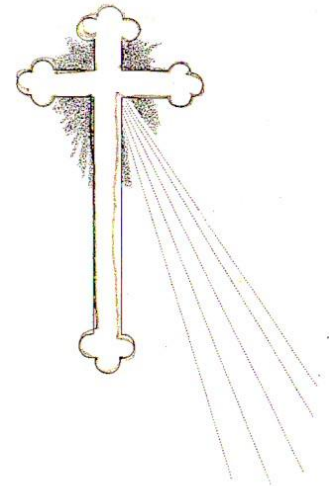
**Join us!**

If your church group would like a specific retreat created for you simply contact Pastor Kim. For groups over six from the same church we will be glad to reserve a day and design a retreat just for you.

We have also created a new retreat for confirmands. Come bring your confirmation group for a day to study spiritual disciplines. Please contact Pastor Kim for more information.

# *The Retreat Center of Silverbrook United Methodist Church*

*The Retreat Center of  
Silverbrook United Methodist  
Church offers quiet days for  
adults to reflect, be still,  
and find rest away from the  
stressful world as they seek to  
deepen their relationship  
with God.*



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