

## 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 always closes with worship and communion.

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

### 2012 QDR Dates

Feb. 24<sup>th</sup> Learn more about Julian of Norwich, Anchorite.

March 23<sup>rd</sup> Crooks, Creeps, Lovers and Liars: A Biblical Journey with some of the colorful Bible Characters.

May 18<sup>th</sup> Help Thou my Unbelief: When in doubt, don't run, but come. For those who are having a hard time with their spiritual journey and are living in doubt.



## Retreat Day

9:00 am to 2:00 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 and large group discussion. The day ends with worship and communion.

RDs are **limited to 12 registrants**, and we ask that you register one week in advance. Suggested donation is **\$35** which includes lunch. **Scholarships are available**

### 2012 RD Dates

Feb, 11 Learn more about Julian of Norwich, Anchorite.

March 10<sup>th</sup> Crooks, Creeps, Lovers and Liars: A Biblical Journey with some of the colorful Bible Characters.

May 12 Help Thou my Unbelief: When in doubt, don't run, but come.

### **Registration**

**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). Scholarships are always available.

## Special Retreats

\*April 6<sup>th</sup> Stations of the Cross – Noon to 3 p.m. - FREE

\*April 14<sup>th</sup> Taste of Retreat at Cranford UMC (10- 12) - FREE

**Taste of Retreat** – Looking for a small group program? People in your church don't know what a retreat is? Ask about this free 1-2 hour mini-retreat. Pastor Kim will come and lead your group for free and share a bit about our retreat ministry.

*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 United Methodist  
Church and Retreat 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

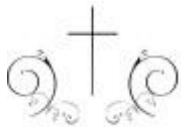
**Why should you take a spiritual retreat?**

- 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 and give you a discount.

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.



Silverbrook United Methodist Church  
Rev. Kimberly Barker-Brugman  
8616 Silverbrook Rd  
Lorton, VA 22079  
703-690-4159  
[www.Silverbrook-umc.org](http://www.Silverbrook-umc.org)

***The Retreat Center  
of  
Silverbrook  
United Methodist  
Church***

*Spring of 2012*

*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.*

