



FREQUENTLY ASKED QUESTIONS ABOUT RETREATS FOR INDIVIDUALS

A Retreat for Individuals is a gift of time dedicated to prayer, spiritual practices, rest, and quiet stillness. The retreat provides you time to minimize the day-to-day demands that require your attention and response. As the distracting sounds lessen, the stillness and quiet increase. The stillness invites you to notice God's presence within and around you. An individual retreat is a spiritual practice and a sacred gift that opens your heart, stills your mind, and attunes your ear to the Holy Spirit.

Is there a set schedule for an individual retreat?

Individual retreat schedules should move at your pace. If this is your first individual retreat, we will guide you as you develop a rhythm for the retreat. Here are some points to consider:

- **Liturgy:** The Missionary Servants of the Most Blessed Trinity welcome you to participate in daily prayer and invite you celebrate the Eucharist with them. The times of these vary and will be shared with you as you plan your retreat.
- **Meals:** Meals will be available at the Motherhouse – Breakfast is at 8:00 am, Lunch at noon, and the Evening meal at 5:00 pm. The catering service can accommodate most dietary requests.
- **Spiritual Direction:** If you would like to companion with someone throughout your retreat, the staff at the Mother Boniface Spirituality Center can arrange for a spiritual director for you. Together with your spiritual director, you will create the schedule for your meetings.
- **Retreat Center Hours:** You have the flexibility to come and go as it fits your schedule. You will have access to the building at all times during your stay. We do ask you to be prudent and keep safety as a priority during the late evening hours.

Who usually attends individual retreats?

Individual retreats are for those seeking dedicated time for prayer and strengthening their relationship with God. Before finalizing your retreat, you will complete a private retreat request form. The information that you provide on this form will help guide you in preparing for your private retreat.

How long can I stay?

The average length of stay for a private retreat is 3 days and 2 nights. However, retreatants may stay for 1 day to 5 days. The retreat length depends on the desired purpose of the retreat and the availability of overnight rooms at the Mother Boniface Spirituality Center. Retreats longer than 5 days may be requested.

What should I bring?

Many retreatants bring their own Bible, journal, and other items that help guide their experience. We provide the bed linens, blankets, and towels. Please bring your own toiletries and comfortable clothing.

Can you tell me more about spiritual direction?

The ministry of spiritual direction is a form of holy listening and spiritual companionship wherein the seeker explores her/his spiritual journey with the help of a trained director (more of a guide or companion) and discovers God's movement in her/his life.

There are always three individuals involved in spiritual direction: the Holy Spirit, the seeker, and the spiritual guide or companion, who is a co-listener to the Spirit. The relationship between the seeker and God is the sole focus of spiritual direction. Spiritual direction does not try to fix or solve problems, but instead explores where God is in the midst of our lives as we live out our spiritual journey. Spiritual Directors are not considered counselors and may refer seekers to other professional services when necessary.

Is there an extra cost for Spiritual Direction?

Yes, there is a stipend or donation arranged by you and the Spiritual Director. Spiritual Direction fees and/or donations are set at the time that you schedule your retreat. You will arrange how often to meet and at what hour your sessions will be directly with your spiritual director.