



SACRED SEED RETREAT ~ A CONTEMPLATIVE JOURNEY THROUGH NATURE

We look forward to having you be with us for our Sacred Seed Retreat ~ A Contemplative Journey in Nature. Below you'll find suggestions and information to support you in having time away to soothe your soul, separate from life's distractions, and access deep spiritual tranquility.



SACRED SEED RETREAT SUGGESTIONS

- While you'll need a laptop, tablet, or phone for the virtual sessions of this retreat, we invite you to turn off or silence all other devices for the entirety of the Sacred Seed Retreat.
- Set an intention for your retreat time – bring awareness to how you hope the days of solitude might best serve you.
- Trust your listening and witnessing will be sufficient support for other retreatants; no words or gestures need be offered in response to what others perceive or share while in virtual or natural spaces.
- When not in a virtual session or at Plainsong Farm, honor your own rhythms by giving yourself permission to eat, rest, create, meditate, pray, or move as your body, mind, and spirit call for.
- Gather and prepare nutritious meals and snacks ahead of time to minimize or eliminate the need for errands and tasks during your retreat time.
- Share with loved ones that you will be in solitude and silence and therefore out of touch for the retreat days you've committed to gift yourself.

YOUR SACRED SPACE AT HOME

- Choose a room or special nook to retreat to during the Sacred Seed Retreat.
- Take time to mindfully create a space that brings you peace by transforming your space into a temple of solitude that is free of distraction.
- Place a lit candle in your sacred space to welcome divine presence.
- Include a plant or flowers to remind you of the potential of a seed.
- Have your journal nearby.



YOUR RETREAT TIME AT PLAINSONG FARM

- Allow yourself a noiseless drive to and from Plainsong Farm to expand the silent retreat experience.
- Be willing to recognize the cycles of nature calls us to be mindful of the mysteries and rhythms of life and death.
- Bring with you a journal, water bottle, nutritious snacks, comfortable walking shoes, hand sanitizer, and personal mask/gloves.
- Dress for the weather as the full two hours will be in the outdoors.

PLANT (SESSION 1): OCTOBER 15 / THURSDAY / 6:30 – 8:00 PM (ONLINE)

Enter into the Sacred Seed Retreat with a guided gathering via Zoom. Meet the other retreatants and your Spiritual Director who will prayerfully accompany you on your journey. Be sure to have your journal with you so you have a place to make notes and gather your thoughts.

NURTURE IN NATURE (SESSION 2): / OCTOBER 16 OR 17 / FRIDAY OR SATURDAY (IN-PERSON)

The Nurture in Nature session takes place at Plainsong Farm, located at **6677 12 Mile Rd NE in Rockford, Michigan**. As you arrive, you'll be greeted by Emily Ulmer, Program Director of Plainsong Farm. Emily will take you on a tour of the farm, give an overview of safety procedures, and provide you with a welcome basket to guide you during your retreat time at the farm.

Because of social distancing guidelines, no more than three retreatants can be at Plainsong Farm at one time. Please be sure to sign up for one of the two-hour time slots listed below. After you register for the Sacred Seed Retreat, someone from the Sacred Seed Retreat team will contact you to schedule your session. Options are:

Friday / October 16

10:00 am - Noon *or* 1:00 – 3:00 pm

Saturday / October 17

10:00 am – Noon *or* 1:00 – 3:00 pm

HARVEST (SESSION 3): OCTOBER 18 / SUNDAY (ONLINE)

The retreat will close with a 45-minute spiritual direction session via Zoom. This session will be arranged on Thursday, October 15; each retreatant will briefly meet with a Retreat Spiritual Director to arrange the details.



DETAILS

After you register for the retreat, you will receive an email from Dominican Center that includes a map to Plainsong Farm and a Retreat information Form that will need to be signed and returned before the retreat begins. You will also receive a Zoom link for the online retreat sessions.

If you have any additional questions, please contact, Margarita Solis-Deal, Dominican Center Director, via email at msolis-deal@dominicancenter.com or by calling 616.826.5267.

LIABILITY OF UNDERSTANDING

Plainsong Farm is a working farm as well as a space for spiritual formation. Visiting a working farm has inherent risk. By participating in this retreat, we will ask you to agree to hold harmless both Plainsong Farm and Dominican Center for any damages arising out of your participation in the Sacred Seed Retreat. You will be advised of all known risks, and will recognize the full circumstances of a farm-based outdoor retreat are beyond the scope of anyone's control.

THANK YOU

We look forward to journeying with you on this Sacred Seed Retreat. Blessings to you as you receive the gifts of silence and solitude during your retreat time.

Dominican Center and Plainsong Farm Retreat Team