



Greetings from Mount Hermon:

We are delighted that you are going to join us for our **Fall Reflective Retreat, November 9-11, 2012**. We are praying for a long weekend of rest, encouragement, nurture and drawing near to the heart of God. Our theme this Fall is ***The Attentive Life***. This letter will be longer than usual and will explain some of the new options you will have during the weekend. If you have been a part of one of these retreats in the past and you were looking forward to having that same type of experience, rest assured, you will still receive a notebook upon arrival and you will be able to choose to work through that in the same way as in the past, if that is what you prefer.

We hope you plan to arrive and get settled in your room on Friday afternoon. Registration begins at 4 PM and our first session Friday, designed to introduce everyone to the weekend, the materials and options we will be offering, will be at 5 PM in Youth Memorial.

If you would like to take advantage of our early arrival option to prepare yourselves for the weekend you may book your room for Thursday night. There will be no meals or program offered but, you can enjoy the grounds and begin to quietly prepare your heart for the weekend. There are several local restaurants in nearby Felton. We still have a number of spaces open for the Retreat, so we would encourage you to pray about bringing a friend to share the weekend, (but not necessarily your room).

After our opening session on Friday night at 5 PM, dinner begins at 6:30 PM and the retreat ends after lunch on Sunday. Linens and towels will be provided for all of you. We would encourage you to bring your Bible. A notebook will be provided for you. One of our sessions will introduce a prayer form which will involve using colored pen or pencils. Please bring a set with you if you are able. Dress will be casual throughout the weekend. Our weather can be unpredictable at this time of year. Right now it is cool in the mornings and evenings and warm in the afternoon. It is possible that we could have rain. Plan to bring comfortable shoes for walking, a jacket, an umbrella and a flashlight. Some of the activity options described next, have their own clothing requirements, please take note of these when you sign up.

On Saturday morning, weather permitting, during our second session (beginning at 11 am), you will have the opportunity to sign up for an activity session which will have a Reflective Guide. Each of the options is described below and has a limited number of spots. You will be able to sign up for these on a first-come, first-served basis by email or phone with Annette in registration. Her contact info is **Conferences@mounthermon.org** or **888.642.2677**. If you email, please list your first, second and third choice. She will reply so that you know which of the activities you will be preparing for.

Redwood Canopy Tours:

Our Redwood Canopy Tour is an amazing beautiful journey through the upper reaches of the redwood forest. In small groups of not more than 8 people your two guides will usher you through six zip lines and two sky bridges. Along the way you will be invited to contemplate creation and the creator as we investigate how amazing the ancient redwood trees are and how they can serve as a metaphor for our lives. The Redwood Canopy Tour does not require high levels of physical fitness but we do ask that participants be in reasonably good health and weigh between 75-250 lbs. More specific information can be found at **www.redwoodcanopytours.com**



Sequoia Adventure Course:

The Sequoia Adventure Course is a series of traversing challenges starting at ground level and proceeding up to 80 feet in the air. At the end of each challenge is a large platform at which opportunity for guided reflection will be presented. There are many different challenge options on this course appropriate for a wide range of physical abilities while providing an amazing mix of challenge, reflection and learning. Wear comfortable clothes and shoes that you can move and be active wearing.

Ocean Kayaking:

Enjoy one of the finest experiences in costal California with an ocean kayak experience departing from the Santa Cruz yacht harbor. This will be an intimate experience for up to 12 guests where we will explore the kelp beds and hopefully see aquatic wildlife. Transportation and equipment is provided. You will get wet on this tour so please dress appropriately in layers.

Guided Nature Hike:

You are invited into the beauty of God's creation around Mount Hermon with the opportunity to pay attention to the uniqueness of the coastal Redwood forest. There will be times for stopping and reflecting along the way with guidance from one of our Outdoor Education Naturalists. Good walking shoes, comfortable clothes and perhaps a jacket would be appropriate attire.

Attentive Through Body Movement:

It takes focus and attention to give ourselves to the Father . . . we can do movement through our bodies and "give" them, part by part, to the Lord. There are also places in our bodies where we can pay attention to, places where He is having us listen for what He wants to say 'through that place'. This session will be meeting in Brookside meeting room. This is very low impact. You will be spending the majority of time laying on a mat on the floor while the facilitator guides you through the experience with scripture and specific instructions while being attentive to the creator and His magnificent creation 'your body.'

Solitary Walk in Creation:

Sometimes we forget that before God's words were ever recorded into scripture, Paul tells us that God 'wrote into Nature, truth about himself.' Some of you may choose to return to our traditional Saturday morning experience of talking a solitary walk through Nature listening through creation with the two questions, 'Lord what do you want me to know about you through what you have made? And Lord, what do you want me to know about me through what you have made?' You do not need to sign up for this option.

The various activity options will end at different times so we have arranged for a box lunch for the Saturday lunch. You may choose to experience a 'silent lunch' as part of your retreat experience or enjoy lunch with you activity group. You will have Saturday afternoon free to enjoy the grounds, walks, and more of our adventure facilities, so bring appropriate clothes and shoes. All of the adventure activities will be weather permitting. Back by popular demand are the massage appointments. You can make your reservation by emailing **Bianca Schmidt** at **synovialsoul@gmail.com**. The cost for massage is \$60, paid directly to your massage therapist.

If you have any special needs that might make it difficult for you to get into our registration office or navigate our facilities, please call registration in advance, and let us know how we can make your time with us easier.

We look forward to serving you!

**Sincerely,
Jayne Price**

Reflective Retreat Coordinator

For directions, go to www.mounthermon.org

