

# **Download One Day With God: A Guide To Retreats And The Contemplative Life**

Rose Sackey-Milligan, Former Social Justice Program Director: I personally recommend doing retreats at home or combining 1/2 day of meditation, writing and other creative activities at home with 1/2 day out in nature. I sometimes combine a visit to a botanical garden with journal writing and mantra repetition. We seek to provide contemplative opportunities for people of all faith traditions and all walks of life to step back from the hectic pace of life and reconnect to their Source. For the past four years, as part of the Contemplative Outreach yearlong online program, Mary Anne Best has been writing and curating weekly gems of the beautiful and true – contemplative reflections based on each Sunday's Scripture, along with a beautiful image to engage visual and creative faculties to "see beyond seeing". Adequate time specifically set aside for prayer and contemplation. Since retreats are frequently organized around a formal presentation, to distinguish the retreat from most ordinary learning experiences, the participants should have at least half the time at the site spent in other activities, such as prayer, scripture reading (or reading other spiritual books), contemplation, walking in ... - One Day With God: A Guide To Retreats And The Contemplative Life