



An At Home Retreat

retreat: noun

- 1. the act of moving back or withdrawing**
- 2. a quiet or secluded time and/or place for rest and renewal**

Welcome!

You have chosen to give yourself some time and space to rest, to withdraw from what usually takes your attention. A retreat offers us an opportunity to give our minds a rest from news, our phones, our jobs. It provides a space within us to consider our relationship with ourselves, with Spirit, with others. Most often, the retreat is done away from home to help us disengage from our everyday life. But even St. Ignatius Loyola knew that that might not be possible for each person and so designed The Spiritual Exercises so they could be done in daily life through the 19th annotation.

This retreat is not based on the 19th annotation. It is an introduction for those who have never done a retreat, and could also be a renewal for those who have.

The beauty of a retreat at home, is that you can retreat according to your schedule. For some this may mean that you take an hour or two each day for a few days, to change your routine enough that you can rest and reflect. For others, it may mean you have a whole day off and you want to take the opportunity in your own home to retreat from your routine, lay aside the business and allow your spirit to read, reflect, ponder and pray.

Before continuing, consider and decide how you want to do your retreat. Will you take some time each day for a few days? Will that time be in the morning or in the evening or both? Or will you take a day or two to go through the suggestions/prompts offered in the following pages? It is suggested that you make a commitment to yourself for this time “away” at home.

During your retreat...

Slow down. Enter fully into your body. Breathe deeply. Slow down the pace of your walk. Take your time in whatever you do. This isn't a race, but a retreat.

Rest extra if you can. Sometimes it may mean resting from TV, or your phone, or the computer. It may mean laying down for a nap when you usually wouldn't. Turn off what isn't necessary and let your body and soul quiet down.

Notice what's going on within you. Notice what feelings come to the surface, what your mind is thinking about, what your body needs. Notice while you are reading or reflecting what you lean toward what. Also notice what you find yourself resisting. Noticing helps us recognize life's, and Spirit's, invitations.

The theme of this retreat~

Many retreats will have a theme that allow us to pray and reflect on aspects of our lives. The theme for this retreat is "At Home".

You will be able to explore what it means to be at home in yourself, at home with Spirit/God and at home with others. It seems appropriate to ponder this theme while you are in fact at home.

One last note. Please remember that these are suggestions, ways to begin. Go where your heart is led by Spirit.

Session 1 Coming Home to Yourself

Begin by inviting the Holy Spirit to guide you as you pray and ponder.

From the Gospel of John 1: 35-39



³⁵ The next day John was there again with two of his disciples. ³⁶ When he saw Jesus passing by, he said, "Look, the Lamb of God!"

³⁷ When the two disciples heard him say this, they followed

Jesus. ³⁸ Turning around, Jesus saw them following and asked, "What do you want?"

They said, "Rabbi" (which means "Teacher"), "where are you staying?"

³⁹ "Come," he replied, "and you will see."

*So they went and saw where he was staying, and they spent that day with him. It was about four in the afternoon. **

As you meditate on this passage consider the two questions posed. First, Jesus asks: "What do you want?" He asks you that as well. What do you want or what are you seeking during this retreat? How would you respond?

The second question comes from the disciples, "Where are you staying?" Some other translations are: "Where do you dwell?" or "Where do you live?" or "Where do you abide?" Jesus' answer is an invitation to deeper relationship. "Come and you will see."

Let today's pondering bring you to dwell with the holy as you come home to yourself. The questions on the next page could be a helpful start.

What does it mean to be at home?

What does it feel like to be at home?

Where are you at home?

With whom are you at home? Why?

“Please Come Home” by Jane Hooper *

Please come home.

Please come home.

Find the place where your feet know where to walk

And follow your own trail home.

*Please come home. Please come home into your own body,
Your own vessel, your own earth.*

*Please come home into each and every cell,
And fully into the space that surrounds you.*

*Please come home. Please come home to trusting yourself,
And your instincts and your ways and your knowings,
And even the particular quirks of your personality.*

*Please come home. Please come home and once you are
firmly there,
Please stay home awhile and come to a deep rest within.
Please treasure your home. Please love and embrace your home.
Please get a deep, deep sense of what it's like to be truly home.*

*Please come home. Please come home.
And when you're really, really ready,
And there's a detectable urge on the outbreath, then please
come out.*

*Please come home and please come forward.
Please express who you are to us, and please trust us
To see you and hear you and touch you
And recognize you as best we can.*

*Please come home. Please come home and let us know
All the nooks and crannies that are calling to be seen.
Please come home, and let us know the More
That is there that wants to come out.*

*Please come home. Please come home
For you belong here now. You belong among us.
Please inhabit your place fully so we can learn from you,
From your voice and your ways and your presence.*

*Please come home. Please come home.
And when you feel yourself home, please welcome us too,
For we too forget that we belong and are welcome,
And that we are called to express fully who we are.*

*Please come home. Please come home.
You and you and you and me.*

*Please come home. Please come home.
Thank you, Earth, for welcoming us.*

*And thank you touch of eyes and ears and skin,
Touch of love for welcoming us.*

May we wake up and remember who we truly are.

*Please come home.
Please come home.
Please come home.*

*Used with permission of Kolin Lymworth

Session 2 At Home in Spirit

Ask the Holy Spirit to accompany you in your prayer and pondering.

From the Gospel of Luke 10: 38-41



³⁸ As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. ³⁹ She had a sister called Mary, who sat at the Lord's feet listening to what he said. ⁴⁰ But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

*⁴¹ "Martha, Martha," the Lord answered, "you are worried and upset about many things, ⁴² but few things are needed—or indeed only one.^[a] Mary has chosen what is better, and it will not be taken away from her." **

a. [Luke 10:42](#) Some manuscripts *but only one thing is needed*

Jesus is at home with Mary and Martha in their home. We are invited to be at home in Spirit. What might that mean for you?

How do you, or might you, welcome Jesus/Spirit into your home?

Where do you find yourself in this scene? With Mary or with Martha?

What is Jesus/Spirit saying to you? How do you respond? Let the conversation flow.

*I was talking about You,
You silenced me.
I tasted your sweetness
and everything stopped.
Bewildered, I fled to
the house of my heart
and there,
you caught me.*

~Rumi

From "Rumi Whispers of the Beloved", translated by Maryam Mafi & Azima Melita Kolin, Thorsons Publishing, 1999. p.55

Psalms 139 reminds our Home is in God Who is ever present.

Psalms 139: 1-18

You have searched me, LORD, and you know me.

You know when I sit and when I rise;
you perceive my thoughts from afar.

You discern my going out and my lying down;
you are familiar with all my ways.

Before a word is on my tongue you, LORD, know it completely.
You hem me in behind and before, and you lay your hand upon me.
Such knowledge is too wonderful for me, too lofty for me to attain.

Where can I go from your Spirit? Where can I flee from your presence?

If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.

If I rise on the wings of the dawn, if I settle on the far side of the sea,
even there your hand will guide me, your right hand will hold me fast.

If I say, "Surely the darkness will hide me
and the light become night around me,"
even the darkness will not be dark to you;
the night will shine like the day, for darkness is as light to you.

For you created my inmost being;
you knit me together in my mother's womb.

I praise you because I am fearfully and wonderfully made;
your works are wonderful, I know that full well.

My frame was not hidden from you when I was made in the secret
place,

when I was woven together in the depths of the earth.
Your eyes saw my unformed body; all the days ordained
for me were written in your book before one of them came to be.

How precious to me are your thoughts, God!

How vast is the sum of them!

Were I to count them, they would outnumber the grains of sand—
when I awake, I am still with you.

(Psalm 139 adapted—God speaking to me)

I have searched you, _____, and I know you.
I know when you sit and when you rise;
I perceive your thoughts from afar.
I discern your going out and your lying down;
I am familiar with all your ways.

Before a word is on your tongue I, your Lord, know it completely.
I hem you in behind and before, and I lay my hand upon you.
Such knowledge is too wonderful for you, too lofty for you to attain.

Where can you go from My Spirit?
Where can you flee from my presence?
If you go up to the heavens, I am there;
if you make your bed in the depths, I am there.
If you rise on the wings of the dawn,
if you settle on the far side of the sea,
even there my hand will guide you, my right hand will hold you fast.
If you say, "Surely the darkness will hide me and the light become night
around me," even the darkness will not be dark to me;
the night will shine like the day, for darkness is as light to me.

For I created your inmost being;
I knit you together in your mother's womb.
You praise me because you are fearfully and wonderfully made;
my works are wonderful, you know that full well.
Your frame was not hidden from me
when you were made in the secret place,
when you were woven together in the depths of the earth.
My eyes saw your unformed body;
all the days ordained for you were written in My book
before one of them came to be.

How precious to you are My thoughts, _____!
How vast is the sum of them!
Were you to count them, they would outnumber the grains of sand—
when you awake, I am still with you.

Session 3 At Home in the World We Live in.

Invite the Spirit to open your heart and mind to being at home in the world.

Luke

Jesus entered Jericho and was passing through. ² A man was there by the name of Zacchaeus; he was a chief tax collector and was wealthy. ³ He wanted to see who Jesus was, but because he was short he could not see over the crowd. ⁴ So he ran ahead and climbed a sycamore-fig tree to see him, since Jesus was coming that way.

⁵ When Jesus reached the spot, he looked up and said to him, “Zacchaeus, come down immediately. I must stay at your house today.” ⁶ So he came down at once and welcomed him gladly.

⁷ All the people saw this and began to mutter, “He has gone to be the guest of a sinner.”

⁸ But Zacchaeus stood up and said to the Lord, “Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount.”

⁹ Jesus said to him, “Today salvation has come to this house, because this man, too, is a son of Abraham. ¹⁰ For the Son of Man came to seek and to save the lost.”

Jesus was at home with everyone. He recognized them as children of God and stayed with them in their home. This was transformative for them. Zacchaeus willingly shared with others and saw his place in the world with new eyes.

Reflect on the story of Zacchaeus. Where does Jesus meet you? What invitation is offered to you? What might you do differently as you live your life at home in the world?

Let Psalm 84 become the prayer of your heart. May you recognize your home, the world as home—all as God’s home, God’s dwelling place in you and around you.

Psalm 84

- ¹ How lovely is your dwelling place,
LORD Almighty!
- ² My soul yearns, even faints,
for the courts of the LORD;
my heart and my flesh cry out
for the living God.
- ³ Even the sparrow has found a home,
and the swallow a nest for herself,
where she may have her young—
a place near your altar,
LORD Almighty, my King and my God.
- ⁴ Blessed are those who dwell in your house;
they are ever praising you.^[a]