



A Silent Retreat

January 28-30, 2011

A *Silent Retreat* for women took place at the St. Mary of Providence Retreat Center in Glenmoore, Pennsylvania, this past weekend. The topic, *A More Intimate Faith*, unfolded through four teaching sessions by author/speaker Jane Rubietta. Aside from introductions on Friday evening and the concluding sharing and dinner on Sunday, retreat participants remained silent. Even during meals, some brought reading material and others simply enjoyed the food while quiet worship music played in the background.

Our silence presented the opportunity to be quiet before the Lord. Having no need to speak, we discovered breathing room to simply enjoy God, or time to wrestle with God on personal life issues often sidelined by tyranny of the urgent and the noise of the world.

I went to the retreat with several possible goals. First, I wanted to consolidate a binder of coaching notes from this past year. Happily, I am well over halfway finished with this monumental task. Second, I asked God to breathe into my life wisdom for current life circumstances. He faithfully provided, as it is written, “if any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him” (James 1:5 NIV). And finally, I wanted to rest—mentally, emotionally, spiritually, physically and socially. With no expectations or demands from those around me, I was refreshed in body, soul and mind.

Lessons

1. I experienced Jesus’ words: “Keep company with me and you’ll learn to live freely and lightly” (Matthew 11:30 MSG). I know how to do this in everyday life much more effectively than ever before.
2. I experienced total and complete freedom from speaking truth into anyone else’s life—which is my glorious purpose, but can also be an obligation I take too personally.
3. I basked in my Heavenly Father’s unconditional love and complete approval. And I know where to find it again when I feel overwhelmed with shame or blame.

With a new quietness and trust (Isaiah 30:15),

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