
From Caryn Dixon...

My favorite season is not the summer. It's the spring. And fall is a close second. These in-between seasons can be overshadowed by the heights and depths of summer and winter, and are more obvious transitory times. They are times of movement: promise and hope and dying and glory. Someone once said all of life is waiting. And change. I have moved many times in my life. Geographically, emotionally, spiritually! I was born and raised in South Africa, then lived fifteen years in London where I met and married an Englishman, who longed to live in America. So here I am!

We have one son who is a delight and keeps us young at heart. I studied theology and psychology, spent some time in the city of London working in human resource management then retrained as a counselor and had a counseling practice in London. In the last 10 years I've been drawn to spiritual direction and have trained as a spiritual director. Observing, tuning in, being present are 'watch words' of the soul, and I am learning that God is very present, always.

Comfort and hope. These words may communicate warmth and courage, or be gapingly empty. My desire for our retreat is that we will indeed *retreat*. Whatever our point of need, God is our refuge and a safe haven. Come and rest awhile.

