



# RestoWomen Retreat

## Saturday Activities

**VIRTUAL GATHERINGS ON ZOOM** – Small groups are often part of Resto retreats! If this is of interest to you, and meeting virtually feels best and easiest, then choose this option when you sign-up!

**IN-PERSON, OUTDOOR GATHERING** - Eager to be with people? Then a small, in-person, outdoor gathering may be more your style. These groups may go hiking together or walking in the neighborhood or perhaps enjoy a midday fire pit or cup of hot tea. There will be several different times and locations. Let us know if this is of interest when you sign-up!

**SPIRITUAL DIRECTION SESSION ON ZOOM** – As we have the last few years, we will be offering 30-minute spiritual direction sessions with Selah-trained directors. This is a one-on-one time, and this year, it's over Zoom. If this is of interest, just note it in your sign-up!

What is spiritual direction? It is learning to listen to God, to hear from him, and to notice his guiding ways in our life. The director will listen and pray with you and help you notice, through questions and reflections, God's movement. The goal? Growing in intimacy with God, the one who made you and knows your needs better than you yourself. He alone can meet them.

*Note: We will follow-up with more info and specific times and locations for all of these closer to the date of the retreat!*