



Fall Programming

*This fall we are partnering with local leaders to offer our own programming! We continue to host self-led individuals and groups at **no charge** this fall, so please contact us to sign-up!*

SEPTEMBER

- 1 – **Prayers & Poetry**
Weekly on Fridays this Fall
- 5 – **Quiet Day**
First Tuesdays this Fall
- 17 – **Forest Bathing Walk**
Led by Elizabeth Newman

OCTOBER

- 3 – **Quiet Day**
- 5 – **Exploring Contemplative Prayer**
*6-week Wednesday series
led by Laura Kirby*
- 7 – **Group Land-work Session**
- 14 – **Forest Bathing Walk**
Led by Elizabeth Newman
- 28 – **Rooted: The Trees as our Teachers**
*Full-day retreat led by
Laura Kirby*

NOVEMBER

- 1 – **Exploring Contemplative Prayer**
Continues Nov. 1 and 8
- 4 – **Guided Nature Hike**
*led by Alexa McKerrow
and Alec Motten*
- 7 – **Quiet Day**
- 19 – **Forest Bathing Walk**

DECEMBER

- 1-3 – **Finding Our Way Back to True Self**
*Three-day weekend retreat
led by Nathan Kirkpatrick*
- 5 – **Quiet Day**



Full-day Retreats

Rooted: The Trees as our Teachers

Full-day retreat, led by Laura Kirby (10/28)
\$45

“The farther the outward journey takes you, the deeper the inward journey must be. Only when your roots are deep can your fruits be abundant.” –Henry Nouwen

This time of year, and really all times of the year, the trees can be our gentle teachers. During this day-long retreat we will witness how the trees simply let go and release what is keeping them from being who they were created to be. We will learn how to develop our own deep roots for keeping us connected to each other and to the Divine. Guided by Christian Scriptures and open to all, we will discover ways to keep stretching upwards on our unique paths, towards the Creator and Source of Light. Anticipate time for journaling, reflection, walking the trails, and finding many sources of delight.

Registration required - limited spots available ([click here](#))

9am - 4pm, lunch provided

Finding Our Way Back to True Self

Three-day weekend retreat (12/1-12/3)
Led by Nathan Kirkpatrick
\$300

Amid life's many pressures and demands, we can become strangers to ourselves. We lose the clarity of our own sense of passion and purpose, and our priorities collapse into other people's expectations and desires. Along the way, we forget our truest self. You are invited to three days to explore your own sense of true self – to reclaim what you know about who you are and to rediscover what you care most about. In large group, small group, and solitary settings, a quiet, focused, disciplined space is created so that the noise within us and around us subsides allowing our own voice to be heard. We will share our inner journeys via personal storytelling, poetry, and teaching tales from various wisdom traditions. Guided by a skilled facilitator, participants will be invited to speak honestly about their lives and work – and to listen and respond to each other (and to themselves) with encouragement and compassion. **Registration required - limited spots available** ([click here](#))

Fri 12/1: 5pm - 8pm (*includes dinner*)

Sat 12/2: 9am - 4pm (*includes two meals*)

Sun 12/3: 9am - 11am (*includes breakfast*)



Program Descriptions

Prayers and Poetry

Fridays, noon-2pm

In its third year of meeting, this evolving group has figured out the simple, life-giving beauty of prayers, poetry, and nature at The Trees. Noonday prayer is followed by poetry and a bring-your-own lunch. No registration required to join in, finished by 2pm. *Call Pam Denning for more info (919-906-9475).*

Quiet Days

First Tuesdays of the month, 9am - 5pm

Come and join us away for a while. Take a moment, an hour, or more away from words and effort. Every first Tuesday of the month, we at The Trees will put down our work and listen with the land and the trees - and you! Light lunch will be served, at no cost, at noon. (9/5, 10/3, 11/7, 12/5)

Forest Bathing Walks

Saturday, 10/14, 10am-noon

Saturday, 11/19, 2pm-4pm

Forest Bathing is a slow walk allowing you to connect with nature and yourself. It's a practice that supports physical, mental, emotional and spiritual health. Join us! Elizabeth Newman will lead a small group (ages 15+) on this walk.

Group Land-Work Session

Saturday, 10/7, 9am-noon

Come help clear a small area of the land to make room for planting wildlife friendly trees and shrubs later this fall! No expertise required. If you have tools such as gloves, clippers, or loppers bring those, as well as water bottles. (Contact us about a mushroom log building day, logging firewood, or to otherwise get involved in working the land with us!)

Exploring Contemplative Prayer

Led by Laura Kirby

Meets Wednesdays, Oct. 4 - Nov. 8

11am - 12:30pm

Curious about contemplative practices? Struggling to hear the still, small voice of God? Craving stillness? Wondering if God is listening? Wondering if you are hearing? Longing for something deeper?

This fall, join us for a six week exploration of Contemplative Prayer Practices where we will have the opportunity to breathe and rest in God. Each practice will invite us to walk in the path of Jesus and follow his wisdom for quieting our minds and spirits and opening our hearts to the mystery of God's presence. There will be opportunities for sharing, reflecting, and journaling. If you can only make one, please still register!

Registration required ([click here](#)).

Week One (10/4): Introduction & Breath Prayer

Week Two (10/11): Lectio Divina

Week Three (10/18): Centering Prayer & Welcoming Prayer

Week Four (10/25): Guided Visualization with Scripture

Week Five (11/1): Art and Images

Week Six (11/8): The Examen and Prayer Collage

Guided Nature Hike

11/4, 2pm-4pm

Explore the trails at The Trees while learning about individual species, the diversity of plant communities, and the connections between our headwater creek and the Eno River. Led by naturalists Alexa McKerrow and Alec Motten.

Registration required ([click here](#))

Contact us:

 thetreesretreat@gmail.com

 <https://stphilipsdurham.org/the-trees/>

 1701 Pleasant Green Rd., Durham 27705
(the gravel driveway with the mailbox)

*The Trees is a community project of
St. Philip's Episcopal Church*