



What to bring with you

A few essentials that you must bring:

- Personal items/toiletries
- Towels (there are private washrooms/showers)
- Sleeping bag/pillow and/or bedding

Lodge facilities include:

- A common seating area with fireplace
- Mini fridge and microwave
- Lockers (bring your own lock)
- Wi-Fi

Retreat questions?

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2017 Retreat Weekends:

October 13-15
October 27-29
*Camp Elphinstone,
Gibsons, BC*

On-line Registration

October 13-15 Weekend:

<https://tinyurl.com/formation-oct13>
(Register by **Sept. 29**)

October 27-29 Weekend:

<https://tinyurl.com/formation-oct27>
(Register by **Oct. 13**)

Your \$30 fee includes all accommodation/meals/snacks; costs are subsidized by our project sponsors.

Spiritual Formation for the Next Generation (A Pilot Project)

For the Life of the World (*Pro Mundi Vita*)

A uniquely Anglican spiritual retreat that welcomes the **Holy Spirit** to personally transform participants to actively engage in Christian life and mission.



Diocese of New Westminster
ANGLICAN CHURCH OF CANADA

ANGLICAN
FOUNDATION OF CANADA



Spiritual formation begins where you are and incrementally guides you into a deeper and more profound encounter with the living Christ...

For the Life of the World
(Pro Mundi Vita)

**A uniquely Anglican Spiritual Formation
Retreat for the Next Generation**

Participation in a Spiritual Retreat suggests something about what we believe about God. That is, we believe that we are met by God when we step away from our everyday situation. Spiritual retreat is a “third place”: it is outside of our home and our church. It can provide a unique lens on these more routine places and provide insight and renewal for us to re-enter these more ordinary places with renewed vigor.

One of the goals of the **For the Life of the World (*Pro Mundi Vita*) Retreat** is to meet people where they are and to respond to their needs, in order that they might better encounter God and be equipped to further their spiritual journeys.

The format of the Retreat supports spiritual formation through personal encounters with God through the power of the Holy Spirit. Using creative structured exercises, music and art, each individual is empowered to reflect on her or his own faith journey, to experience refreshment in common prayer, to encounter Christ in the Scriptures, and to seek a time of contemplative rest in God and in community.

(Turn over for registration information)

“Words Beyond Words”
The Retreat Schedule

Friday night:

Words into Silence

3:30 or 5:30pm - walk on ferry at Horseshoe Bay to Langdale

6:15 Dinner

7:00 Session I & Evensong

Saturday morning:

Words that make us Whole

8:00 Breakfast

9:00 Session II

11:30 Free time

12:00 Lunch

Saturday afternoon:

Words that make me Whole

1:00 Sessions III & IV

2:00 Prayer/Break

6:00 Dinner

8:00 Campfire

Sunday:

Word(s) Made Flesh

8:00 Breakfast

9:00 Session V

10:30 Holy Eucharist

12:00 Lunch

12:30 Reflection/Evaluation

2:00 Arrive at Langdale

2:30 Ferry to Horseshoe Bay

3:10 Travel home and return to the world where God has placed you. ☺