



SAINT STEPHEN'S EPISCOPAL CHURCH

NOURISH: A CONTEMPLATIVE RETREAT FOR THE CAREGIVERS OF SOULS



A Retreat for Clergy, Therapists, & Spiritual Directors

April 15, 2026 from 9:45 AM to 1 PM

Saint Stephen's Episcopal Church

Many of us will come carrying the quiet weight of others' needs and stories — the ongoing work of listening, guiding, and caring. This retreat offers a sacred pause for those who spend their days tending to others' spirits. Through guided yet spacious time, gentle silence, and creative stations designed to nourish mind and soul, you are invited to rest, reflect, and receive. Whether reading a poem slowly, walking the labyrinth, sitting with music, or simply resting in stillness, this morning gathering offers space to rediscover your own rhythms and restore what daily ministry and care can deplete. Participants may choose to mark times of silence, honoring a personal practice of quiet throughout the day.

“

Be gracious to me, O Lord,
for I am languishing...

”

During the retreat, you'll move gently through self-paced **stations of nourishment** designed to engage the senses and replenish the spirit—no pressure to perform, speak, or produce. Participants can signal times of **intentional silence** with a clip-on badge, making room for deep personal retreating even in a shared space.

\$30 Registration includes coffee, snacks, and lunch. To register, use the QR code or email charlotte@charlottedonlon.com for the link.



Schedule:

9:45 AM — Arrive and Check In

10:00 AM–Noon — Guided Reflections and Self-Guided Movement through the Retreat Stations

Noon–1:00 PM — Lunch at The Threshold Center with a Brief Guided Meditation

(quiet tables will be available for those who wish to continue in silence)

All denominations are welcome. Space is limited.
Please contact Charlotte Donlon at charlotte@charlottedonlon.com
for questions about the retreat details.