

## COME EXPERIENCE SACRED SPACE

Encounter God in community, yet alone,  
in the beauty of nature, and the healing  
rhythm of sacred quiet.



People come to these personal retreat  
days for all sorts of reasons.

Our goal is to provide you a  
refreshing, gentle day to include:

**SACRED QUIET SPACE**  
both inside and outdoors.

**COMMUNITY LUNCH**  
with gentle conversation from  
12:00 -12:45 or a silent lunch for  
those who prefer to eat alone.

**SEVEN CIRCUIT LABYRINTH**

**STATIONS OF THE CROSS**  
with prayer books.

**FOREST TRAILS**  
for contemplation.

Plenty of places on 25 wooded acres  
to sit and meditate.

A volunteer host is available all day.

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# RETREAT

Sanctuary Days and  
Quiet Space Fridays are  
ecumenical retreats for all people.

A soul-tending ministry of  
The Lydia Group, LLC  
Retreat Ministry  
at Starrette Farm Retreat Center.

In partnership with  
Davidson United Methodist Church  
Office of Spiritual Formation & Direction  
for the broader community



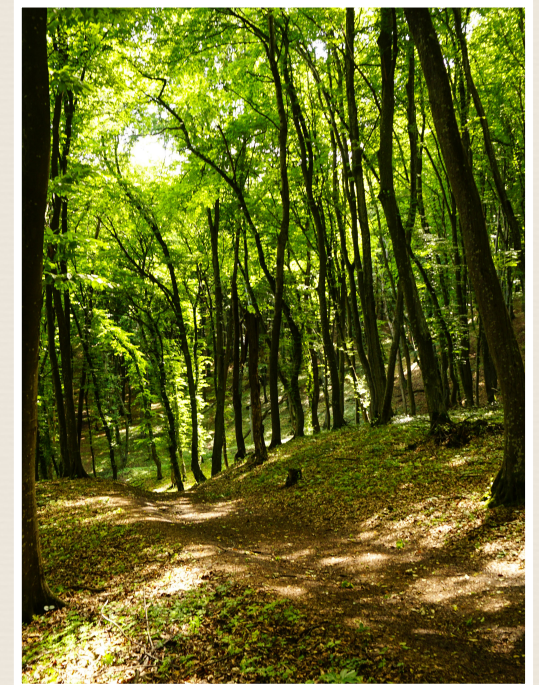
Starrette Farm is a member of the  
worldwide Quiet Garden Movement,  
which nurtures access to outdoor spaces  
for prayer, contemplation, rest,  
and inspiration. [QuietGarden.org](http://QuietGarden.org)

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## Sanctuary Days and Quiet Space Fridays



PERSONAL RETREAT DAYS  
AT  
**STARRETTE FARM RETREAT**  
STATESVILLE, NC





## DOES YOUR SPIRIT NEED TO BE NOURISHED?

Have you ever just wanted to  
get away from it all?

Put the world behind you  
and just be still?

If so, Starrette Farm Retreat Center  
in Statesville, NC, is the perfect haven  
where you can rest, reflect,  
and renew your spirit.

Jesus frequently withdrew to a quiet  
place to nourish his spirit.

LEARN MORE AT  
[THELYDIAGROUP.COM](http://THELYDIAGROUP.COM)

DOORS OPEN  
9:00 a.m. – 4:00 p.m.

### BRING

Your own bag lunch and beverage.

### WEAR

Comfortable clothing and walking shoes.

### FLOW

This is your “free-to-do-whatever” day. You are encouraged to set a personal intention for the day. Identifying your intention helps you set it in motion. At noon, enjoy your bag lunch with the group or alone. Please arrive by 9:30 a.m. and depart when you are ready.

### WHERE

The private retreat of Starrette Farm spans 25 acres of rolling woodland, conveniently located just 5 minutes from the intersection of I-77 and I-40 in Statesville, NC.

Because this is a private space, directions are not on the website but will be sent via email following your registration.

### LIMITED

To give everyone ample space, each retreat day is limited to the first 10 paid registrations.

*NOTE: We understand that things may come up that prevent you from being able to attend as planned, but we regret that registrations are non-refundable. In these cases, we will consider your payment a donation to our ongoing ministry.*

## Registration

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### SANCTUARY DAYS

are guided retreats, the second Monday monthly. Participation in an opening and closing program is an option.

#### REGISTER ONLINE

[TheLydiaGroup.com/Sanctuary-Days](http://TheLydiaGroup.com/Sanctuary-Days)  
Cost: \$25 per day

### QUIET SPACE FRIDAYS

are silent retreats, the second Friday monthly. “Your day, your way.”

#### REGISTER ONLINE

[TheLydiaGroup.com/Quiet-Space-Fridays](http://TheLydiaGroup.com/Quiet-Space-Fridays)  
Cost: \$25 per day

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### QUESTIONS? CONTACT:



Nancy Bellamy, registrar &  
retreat house host  
(336)971-7275

[nancy@StarretteFarmRetreat.com](mailto:nancy@StarretteFarmRetreat.com)  
Steward, Starrette Farm Retreat

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