



Listening Hearts

Eight Day Spiritual Discernment Retreat **An Intensive In-depth Immersion in the Practice of Spiritual Discernment**

Participant feedback

"Our time helped give me the experience of recognizing the Holy Spirit's presence/work in a group: peace, convergence, distinguishing God's voice from others. The experience helped me gain confidence that we can indeed "place" ourselves in a position of willingness and readiness to hear God's voice together. I have been in groups where such listening **happened**—this affirmed for me that we can be very intentional...&...that when we are, God is waiting for us."

"I have a deeper awareness of the nature of spiritual discernment. The need for training is evident."

"The individual discernment work was especially helpful. I discovered God in the struggles of life."

"I am always leading to covenant renewal. This time I was able to settle into it."

"I feel that God has been preparing [our diocese] for the work. Hardly a day goes by that the need for discernment is not identified in our common life."

"Learning to listen was very valuable. The retreats were also excellent. The gentle and caring environment helped me to risk."

"We used some meditation/reflection approaches which I don't often use on my own. It's like rummaging through a closet and finding an old treasure."

"I have a greater appreciation for how important silence is throughout."

"This training week put me to discipline my Christian life in a way that I will have to listen more than act. Silence in prayer is a very significant way to communicate with God before acting on any issue."

"[Most important was] the actual practicum of discerning in groups."

"It was gratifying to see that we did discern & that we could get greater clarity around an issue by practicing the method."

"It was helpful to be unhurried about discerning—not to settle for the 1st phase of discernment."

"I came believing the Holy Spirit will operate in prayerful community and the Spirit did!"