



Still Waters: A Contemplative Retreat

Deborah M. Michaels

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Still Waters: A Contemplative Retreat, is a doctoral dissertation based upon a five day contemplative retreat developed to have a positive impact upon the experience of Christ's presence among a self-selected group of women. A retreat environment was designed and facilitated with teachings and spiritual practices that invited participants into a deeper relationship with Christ. The spiritual formation practices of contemplative prayer, silence and solitude were introduced and utilized during the retreat. As a result, participants experienced a deeper intimacy with Christ and gained a new understanding of contemplative prayer, silence and solitude. Particularly, relationships with Christ were restored and renewed in unexpected ways.

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