

FCCB Silent Retreat FAQ

Will I get my own room? Yes, everyone will have a private room unless a couple requests to share ahead of time.

Do I have to stay the entire retreat? Because of the nature of this particular retreat, we ask that everyone be present for the entire experience, beginning at 6:30 with dinner on Friday through Sunday at 2:30 pm.

What can I do during the silence? Pray, read, walk, journal/write, make art, enjoy nature, nap, do yoga, knit, etc., basically, anything that helps you quiet yourself and connect to God/your inner self.

Will the meals be in silence? Yes, except for dinner the first evening. You may choose to eat at your own table or take your food elsewhere to eat privately if you wish.

Will there be any activities together? There will be an introductory session after dinner on Friday giving tips for being in silence and offering suggestions for prayer and reflection. On Saturday morning, afternoon, and evening, plus Sunday morning, there will be optional group prayer activities (with minimal talking). After lunch on Sunday there will be a group session to break the silence and share the graces of the retreat.

What if I really need to talk to someone during the retreat about what's going on for me? Ann will be available for spiritual direction sessions and Molly will be available for pastoral conversations if desired. If you have a problem or concerns with the facilities, don't stay silent! Please tell us so we can get those addressed.

What about common spaces? There will be common space in all of the houses, as well as in the chapel, dining hall, and campfire circle where retreatants are welcome to spend time in silence in the company of others.

Can we use our phones during the weekend? We suggest not accessing your phone at all and letting loved ones know you will be out of communication except in case of an emergency. However, if you feel you must, we encourage you check for communications just once or twice a day.

What should I pack? Bring whatever you wish that will contribute to your comfort and the sweetness of a weekend away: a favorite pillow, blanket or shawl, a bar of luscious chocolate, your favorite tea, a hammock, art supplies, knitting, yoga mat, etc. Consider bringing a journal, Bible, and/or spiritual reading. (There will also be a spiritual books lending library available.) Leave anything at home that will tempt you to distract yourself from being present to God, yourself, and nature. Linens and towels are provided.

Why is it so expensive? Since the pandemic, retreat center fees have increased significantly and the amount we're charging doesn't cover the entire cost to FCCB which is subsidizing this retreat. If you cannot afford to pay the full amount, scholarships are available; just ask Ann or Molly.

What is the location like? The retreat center is comprised of several buildings in the midst of a quiet, hilly neighborhood surrounded by redwood trees. There are walking/hiking paths right outside the door and beautiful views of a valley.