

What is Spiritual Accompaniment?

Spiritual Accompaniment, also known as Spiritual Direction, is the practice of being with people as they attempt to deepen their relationship with the Divine, or to learn and grow in their own personal spirituality. The person seeking direction shares stories of their encounters of the divine, or how they are experiencing spiritual issues. The spiritual guide listens and asks questions to assist the one being guided in their process of reflection and spiritual growth.

Five Oaks offers the following opportunities for Spiritual Accompaniment:

- Day Away
- Guided Silent Retreat
- Personal Retreats
- Ongoing one hour session with a spiritual guide/director

Dates and registration for Day Away and Guided Silent Retreat can be found on our website at www.fiveoaks.on.ca or contact us by calling 519-442-3212. To make arrangements for a personal retreat or for ongoing spiritual accompaniment, please see the inside of this flyer for more details.

Who are Five Oaks Spiritual Guides?

Five Oaks spiritual guides come from a variety of backgrounds and training/education experiences and represent several denominations. All guides participate in the on-going development of the Day Away and Guided Silent Retreat programs by attending regular planning and development days with Five Oaks staff. Their practice is shaped by guidelines and expectations developed for this specific ministry by Five Oaks and by the Guidelines for Ethical Conduct as published by Spiritual Directors International.



Five Oaks is a sacred meeting place for learning and renewal where people are inspired to participate in God's healing of the world. We offer programs for all ages to deepen spirituality, experience community and learn new skills for life and work.



Five Oaks is conveniently located in Paris, ON, south of the 403 off Rest Acres Rd. (Hwy 24 South), one and a half hours drive west of Toronto, one hour east of London and thirty minutes south of Kitchener. Also easy access to the Centre by train. See the 'Location' section of our website for more details.

Five Oaks Centre

1 Bethel Rd. R.R.3, Paris, ON N3L 3E3

Phone: (519) 442-3212

Email: info@fiveoaks.on.ca

www.fiveoaks.on.ca



Spiritual Accompaniment at Five Oaks



Photo by Sarah Hall

time for
the inner
journey

www.fiveoaks.on.ca

Day Away

Once every month Five Oaks offers a 'Day Away' for spiritual nourishment (the date is often the first Wednesday of the month, but this may vary). The day begins at 9am with a short time of worship and community building led by Five Oaks spiritual guides. The rest of the day is for you to spend time reflecting with the Spirit, through silence, journaling, meditation, walking the labyrinth, by the river, or tending other practices that help you seek God's presence. You may even choose to spend the day on silent retreat. The day closes with communal worship which ends at 4pm.

Spiritual accompaniment with a Five Oaks spiritual guide is available on this day to assist you in deepening your relationship with the Divine. Time with a spiritual guide is optional. Participants indicate when they register if they wish to meet with a spiritual guide.

'Day Away' is for individuals to experience a day on retreat. If an established group wishes to experience such a day together please contact Robin McGauley at Five Oaks to make these special arrangements.

The cost of the day is \$45 (includes lunch) or \$60 which includes lunch & Spiritual Accompaniment for one session.

Guided Silent Retreat

Join with others to nurture your spirit through prayer, meditation, rest, the outdoors and scripture. The retreat begins with community building and worship which leads into silence. Spiritual accompaniment is available as desired throughout the retreat to listen and reflect with you on your spiritual needs. Silence ends with lunch on the last day of the retreat. The retreat closes with communal worship.

Guided Silent Retreats are often offered over a weekend from Friday at 7pm to Sunday at 3pm, however Guided Silent Retreats may be offered on week days as well depending on the season. Please check our website (www.fiveoaks.on.ca), or contact us, for information on dates and cost.

Personal Retreats

You are more than welcome to come to Five Oaks for a personal retreat of your design. Take advantage of the peaceful setting at Five Oaks among the 116 acres of Carolinian Forest. Quiet indoor spaces in our Main Building provide opportunity for meditation, relaxation and reflection. During the winter, sitting by the picture windows in the dining hall with a warm drink to watch the birds at the feeder is a beautiful experience. In warmer months enjoy walking the labyrinth or by the river and swimming in our large pool.

A wonderful space for a private retreat is the Hermitage. This is a small, self-contained cottage with bedroom, living room and kitchenette for you to make your own meals. The first night costs \$89 and subsequent nights are \$84. The weekend rate is \$175 and weekly rate is \$500. All of these prices include applicable Retail Sales Tax.



A room in the Main Building is a good option if you would like your meals provided. The cost of \$125 is for each 24 hour period and includes bed linen & towels, three meals, coffee, tea & snacks as well as applicable Retail Sales Tax.

Please visit the 'Facilities' section of our website (www.fiveoaks.on.ca) for more information.

As a part of a personal retreat you may want to meet with a spiritual guide to enrich the experience. Spiritual Accompaniment is provided for \$35 per one hour session.

Please note that prices listed above are subject to change.



Ongoing Spiritual Accompaniment/Direction

Please contact Robin McGauley, Coordinator of Adult Programming, if you are interested in ongoing personal spiritual accompaniment/direction with a Five Oaks spiritual guide.



Contact Information

Please contact Robin McGauley if you are interested in booking a personal retreat that includes sessions with a spiritual guide.

Robin McGauley

Coordinator of Adult Programming
programs@fiveoaks.on.ca or 519-442-3212

If you are interested in a personal retreat, but do not wish to meet with a spiritual guide, please contact Karen Tobey to book a space.

Karen Tobey

Operations Manager
operationsmgr@fiveoaks.on.ca or 519-442-3212

Five Oaks programs are made possible through generous donations and volunteer efforts. Please consider supporting this ministry financially.

Donate on-line, send a cheque to

Five Oaks Centre,
R.R. #3, 1 Bethel Rd. Paris, ON
N3L 3E3

or contact us at 519-442-3212.