

The image features a dense forest of green trees, with sunlight filtering through the leaves, creating a bright and natural atmosphere. The entire scene is framed by a thick, gold-colored border. Overlaid on this background is the word "RESET" in a large, bold, white, sans-serif font.

RESET

2022

Welcome

First things first: Set aside this time to unplug! Choose a 'retreat' device other than your phone, if possible, so that you can consider leaving your cell phone off and in another room. We encourage you to turn off the notifications on any device you're using, and commit to uninterrupted time - time when you can be fully present for your personal retreat. Have a pen, a journal/paper, and a Bible at hand.

Now find a space with few distractions, one where you would not normally do work of any kind. You'll need a comfortable chair, and you may want to add something special to your environment - a cue that helps you focus on you, and on God - such as a candle, a meaningful symbol, picture or icon, or some greenery or a stone you brought in from outdoors.

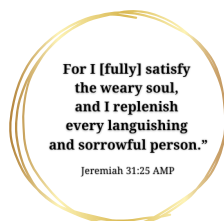
Before you start, go outside, enjoy the natural light, and take 10 deep breaths. When you come in, prepare yourself a glass of water, and a hot beverage you enjoy.

Take a few minutes to regroup first, look through the materials and to decide where you might like to spend time today. You are welcome to stay in any of the Reset spaces for as long as you like, and to move to another space whenever it works for you.

This booklet has different things you may find useful during your Reset Time. Feel free to print it off, or just keep a virtual copy on you as you go through the spaces. In it you will find:

- Instructions for each space
- reflective questions and space to write or draw (if you wish to do so)

If you have any questions, feel free to email reset@westheights.org, and we will try to email you back within the 24 hour period. Otherwise, feel free to go through the spaces at your own pace.



Brief Description of Spaces

On the next page is the map of each space, but here is a quick description of each space, so that you may reference it when choosing where to go next. This is also the order the booklet is organized by, but that does not need to be the order that you go. Feel free to skip spaces, or jump to different spaces. This is your space to reset. Below also shows what items are needed for this space, so you can replicate it at home. Something not mentioned below that you may want to have, is a Bible, a pen (if you're printing this booklet off) or a journal.

Sanctuary

A space with quiet music, for you to reflect, listen, write, or just be.

Song list: [spotify](#) or [youtube](#)

Centering

A quieter space with pictures to visually reflect, reflect, write, or just be.

Sound of Silence

A very quiet space with low lighting to rest, reflect, and be still

Support in Prayer

A space to receive prayer from others, to pray out loud

Labyrinth

A space to walk in a maze, to sort out problems

*note for@home: prepare to go for a walk in your house, or outside

Sensory Prayer

A space to pray with sensory objects, to stimulate other senses in prayer (and play!)

Needed: Rice in a bowl, water in a bowl, and cups to play

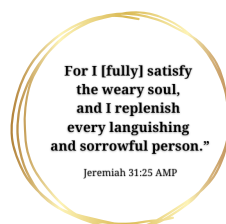
Prayer Beyond Words

A space to move in prayer

At the Cross

A space to kneel at the cross, laying your burdens down

Something to symbolize the cross, and something heavy



Sanctuary

This is your place of quiet and reflection.

Feel free to sit, stand, lie down or walk about as you think, pray, worship, journal or rest anywhere in this room.

Briefly take a look through your Reset journal (if you want to know what lies ahead in the different spaces, otherwise, keep it as a surprise for each space). Use the journal to record your responses to songs, prayers, or other meaningful experiences.

Reflective Questions

These questions are merely prompts to reflect. Write down what comes to mind, not just focusing on the answering the question. If you run out of space, use the back of the page.

- The last couple of years have been rough. For everyone. You're not alone. But in everything going on, sometimes our own pain, grief, mourning, confusion, gets lost. Whether it was around school, work, family, freely moving, plans cancelled, plans rescheduled then cancelled again, physical ailments, isolation... or any other places within your life, there has been pain, loss. What comes up in you, when thinking about the last two years? What hurt happened, whether healed or still lingering?

Sanctuary Continued...

- When did you cry in the past two years? When did you laugh the hardest? What memories come forth in both these two questions? Where there times you thought you should have cried, or should have laughed, but couldn't?
- What did you create in the past two years? It could be something typically defined as artistic, a painting, a song, or could be a new organization system at home or work. It could be a new friendship, a baking recipe that you followed (then devoured), renovations...what is new or different in the world because of you?

Sanctuary Continued...

- [illegible]

Sanctuary Continued...

- What hopes do you have for the future? Where do you feel God's leading you?
- What obstacles do you see in your path? Is there a way to work around them, whether by yourself, or with the support of others?

Sanctuary Continued...

Lent a 40 day season of prayer, fasting, and almsgiving that began on Wednesday and ends at sundown the Saturday before Easter. It reflects the 40 days that Jesus spent in the desert, fasting and where he was tempted by the devil (Matthew 4:1-11). Often Christians use the time of lent to fast something or engage with something for a full 40 days, to use the time to reflect and recenter themselves in God's presence.

Is there something you feel led to give up for Lent? Is there something you feel led to engage with for Lent?

Sanctuary Continued...

AUDIO DIVINA

Sit, lie down, or walk about as you listen to next song in the song list that comes on over the speakers. Eliminate all distractions. Close your eyes, or simply focus intently on the music.

Hear:

Notice what's stirring in you as you listen to this music. What elements are "jumping out" at you? Is there a part that seems particularly distinctive to you? What is it about that part that grabs your attention? Is it the rhythm, the pace of the music, or how the instruments sound? What images, feelings, memories, or ideas come up as you listen? Make a note of them. Spend as much time as you'd like. The playlist plays each song twice, so feel free to listen a second time.

Meditate:

Focus on these images and feelings and think about how they connect to your life specifically. Is something reminding you of a joy you've experienced? A relationship? A struggle? Something you feel anxious about? Something you cherish? Is there a picture or story that comes into your mind as you listen? What does the picture mean to you?

Respond:

Now bring these images and feelings and what they may mean to you to Jesus. Talk to Him about them. Pray about the issues that connect them to this moment in your life. Pray aloud, quietly, or in writing.

Contemplate:

Sit silently. Trust that Jesus has heard you, and just be present with Him. You don't have to hear anything from Him. Be content in the quiet, as you sit with the One you can trust completely.

Sanctuary Continued...

LECTIO DIVINA

Lectio Divina is a practice of quieting yourself before God to listen for His voice as you read Scripture. As we read, we trust that God will guide this process, and that we don't have to force it. Pray and ask the Holy Spirit to do just that - to inspire and guide you.

Find a comfortable spot, and complete the Lectio Divina steps with the following Scripture passage, or with a passage of your choice:

John 14:16-27

Read:

Get to know the Scripture passage. Read it twice, slowly and with a listening posture. Notice any words or phrases that seem to "jump out" at you. What word or phrase stands out to you? What image strikes you, if any, and how?

Meditate:

Now read the passage again, and reflect carefully on those particular words and phrases. Ask God to clarify to you what He wants to say about them. Repeat the words or phrases to yourself, and reflect on what they mean to you. Do they bring any thoughts to mind? Do they remind you of hopes or desires? Do they bring back any memories, or do you associate them with feelings or struggles you've had or are having? Try not to analyze the text; instead, reflect on what God is saying to you personally about it.

Respond:

Read the passage again, and this time respond by journaling your thoughts. When you're done, take those thoughts to prayer, and talk with God about them.

Contemplate:

Read the passage one more time. Then sit in silence for several minutes, just "being" with God. You needn't be analyzing or thinking about anything in particular. Just sit and enjoy the Presence of God and the wonder of His relationship with you. Rest in Him, and in the confidence that He is at work in you.

Centering

"Visio Divina is the slow, thoughtful contemplation of a picture, photo, work of art, or...anything visual that invites God to speak to [you] in a deeper way." - Elizabeth Manneh

Read the instructions first thoroughly, and then look at the pictures on the next two pages.

See:

Take your time as you look at the picture on the wall. What are your eyes drawn to? Stay focused on that part of the picture. Bring your attention back when it strays.

What thoughts come to your mind?

What emotions do you feel?

Ask God what He wants to show you through what you see. Take the time to listen.

Record the thoughts, feelings and images that come to you.

Meditate:

Now look at the entire picture. How does it make you feel? What questions do you have about what you see? What memories does it stir? Are there any Scriptures that come to mind?

Respond:

Turn your thoughts towards Jesus, and be reminded of how much He cares about this very moment and your experience in it. Pray about the thoughts, questions and issues this picture has stirred up in you. Pray aloud, quietly, or in writing.

Contemplate:

Now sit silently. Trust that your Saviour has heard you, and just be present with Him. Be content in the quiet, as you sit with the One you can trust completely.





Sound of Silence

This simple prayer helps us begin to grow acquainted with the posture of letting go that is required in all contemplative practice...The text comes from Psalm 46:10: "Be still, and know that I am God."

Make sure you're in a comfortable position. Gently close your eyes, and take a few deep breaths. Prepare to pray the psalm in five consecutively diminishing sentences.

Either quietly out loud or internally to yourself, say the words, "Be still, and know that I am God."

Then take a couple deep breaths and pause between each of the following phrases:

"Be still, and know that I am."

"Be still and know."

"Be still."

"Be."

(From Mindful Silence: The Heart of Christian Contemplation, Phileena Heuertz, ivpress.com, pp.28-29)

Now sit in silence. Quiet yourself enough to engage the silence, but don't feel you need to silence yourself. You are there to rest, observe, listen. There are no other expectations. Stay as long as you like.

Don't be discouraged if you find the silence uncomfortable or unsettling. Let go of any judgment you have about that. You are not here to judge. Only to rest, observe and listen.

When you feel ready to move on, pray, "Amen."

It may be helpful to journal about your experience.

Were you able to rest, and lean into the silence? Why, or why not?

What did you observe?

What did you hear?

Support in Prayer

We are here to pray with you, and for you.

Reset@82: Let us know how we can pray for you by filling out the card provided. If you feel comfortable, let us partner with you, to pray with you and for you today. Our Reset Retreat Team will also pray for you throughout the week.

Reset@Home: Let us know how we can pray for you by emailing us at reset@westheights.org. We can arrange a time to pray with you and for you over Zoom or over the phone.

**Therefore, confess your sins to one another [your false steps, your offenses],
and pray for one another, that you may be healed and restored.
The heartfelt and persistent prayer of a righteous man (believer) can accomplish
much [when put into action and made effective by God—
it is dynamic and can have tremendous power].**

James 5:16, AMP

Labyrinth

The labyrinth is a walking meditation. There is only one path to the centre, and that same path is the same way out. There is no wrong way of walking a Labyrinth, but below is one option of walking it. Feel free to rewalk it as many times as you need.

Releasing:

As you walk towards the centre, you release what you're holding onto to God. What are you holding tightly onto? What are you struggling with? You may choose one thing, or it could be like a rushing tidal wave of thoughts and feelings.

Receiving:

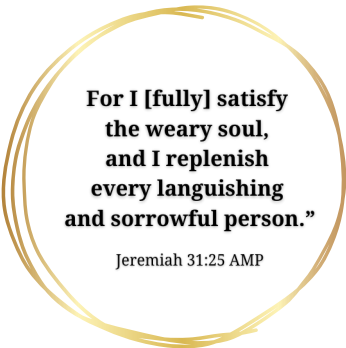
When you get to the centre, stand there for a moment. What do you feel God's spirit is speaking to you? May God's peace wash over you as you stand.

Returning:

As you return back the way you came, returning back to the world, linger on what you want to keep and hold on to, leaving the rest behind.

Reset@Home:

Go for a walk around your house, or outside, a path you know well where you'll end up. While walking, be intentional with your steps, listen to what you hear, focus on your breathing as you release what you've been holding. When you end up at your destination, linger for a moment. Breathe. Feel God's presence. And on your way back to your resting space, to reflect on what you're leaving behind and what you're bringing with you.



**For I [fully] satisfy
the weary soul,
and I replenish
every languishing
and sorrowful person."**

Jeremiah 31:25 AMP

Sensory Prayer

Water

All praise be Yours, my God, through Sister Water,
So useful, humble, precious, and pure.

—*St. Francis of Assisi, Canticle of the Sun*

Let anyone who is thirsty come to me, and let the one who believes in me drink.
As the scripture has said: "Out of the believer's heart shall flow rivers of living water."
—John 7:37–38

Instructions

Take two of the cups and "play" with the water as you will, for as long as you like.
Resist the urge to move on if it comes from a dismissive place. Remember the once-upon-a-time simplicity of playing with water in the sink or bathtub! What messages are you giving yourself when you allow yourself to "just play," with no other agenda?

Now play and observe. What thoughts come to mind as the water moves? What thoughts come to mind as the water is still? What reflections do you have about how the water looks, sounds, feels, behaves?

Find a place to sit, and record your observations, ideas and questions.

Sensory Prayer Continued...

(Adapted from <https://uscatholic.org/articles/201907/connect-with-god-and-the-earth-by-praying-with-the-four-elements/>)

"In the gospel story of the Samaritan woman at the well, Jesus encounters the woman at the height of the day's heat. She is thirsting desperately for God. The story invites us to consider the desert of our profound longing. At the moment when Jesus offers her living water, we too are invited to consider how that healing water restores us to wholeness..."

Practice: Ignatian Contemplation with the Woman at the Well

Ignatian contemplation is a way of entering into a scripture passage with all of your senses.

Open to John 4:1–42 and slowly read the passage through once. Then set it aside and close your eyes, allowing yourself to move into your imagination and step into the scene.

Notice the sights, sounds, smells, tastes, and feelings. Watch as Jesus interacts with the Samaritan woman. See the expressions on both of their faces as they move through their conversation. Take in that moment when Jesus offers the woman living water and she accepts and is able to receive this gift into her life. Imagine yourself drinking it.

End with a conversation with Jesus about where you would like to have living water poured into your own life.

Sensory Prayer Continued...

Rice

Take two of the small cups, or use your hands, and "play" with the rice as you will, for as long as you like. Resist the urge to move on if it comes from a dismissive place. What messages are you giving yourself when you allow yourself to "just play," with no other agenda?

In many areas of the world, rice represents nourishment and health - needs met.

What needs do you have in your life right now?

Put the bowl carefully on your lap, or leave it on the table as you sit in front of it. Pick up fistfuls of rice and let it run through your fingers as you talk to God about your needs. If you are alone in the room, feel free to talk aloud.

Take time to sit and record your thoughts and prayers, or what you prayed about or heard.

Leave wet towels in the basket, and your cups in the recycling bin before leaving the room.

Prayer Beyond Words

Even if you aren't a dancer, your body can express prayer beyond words, and the experience of this kind of prayer can be deep and meaningful.

Make sure your door is closed, and that you feel you are comfortable in solitude and safety. For a greater feeling of privacy, you may even choose to turn off the lights as the video is playing. Find a spot in the centre of the mat, and follow the spiritual director in the video as she prays by holding different and simple poses. As you learn the poses, begin to do them with meaning - your meaning, knowing that God is "hearing" what you are expressing. Watch the video within the article link below:

<https://anglicanjournal.com/prayer-beyond-words/>

Turn this page only after you've finished your movement prayer.

Prayer Beyond Words

Write down or draw about what you prayed about, what responses you became aware of, and how you felt or what you learned from this experience.

In a single brief statement, what's your takeaway from this prayer today?

Consider praying using these poses at home, holding each pose for as long as you like, and journaling about what you experienced afterwards.

At the Cross

When you entered the building, you took a rock and have been carrying it station by station (or, if you missed this step, go back to the foyer and receive a rock and come back to the station, and sit by the cross.

Reset@Home:

Grab something heavy, and carry it around your house, from your bedroom, to the other areas of your house, before coming back to your resting space, to where you've set something that symbolizes the cross to you.

We're not supposed to carry our burdens, but bring them to God. But sometimes, we hold onto it longer, for there's significance to it. Our burdens may be family, friends, work things, all pieces that we still need to continue navigating in life. Our our burden may be shame, shame over how we feel about ourselves, of others. When we hold these pieces, we feel like we still have control over it, but really, it blocks our view from what God is offering us, His love, peace, joy... it's hard to connect with those when we're carrying the heaviness of our world at the same time. Jesus died on the cross, and with it, wiped out our debts. His resurrection afterwards shows his victory over sin and death. Why should we carry such burdens knowing this?

Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.

Psalm 55:22

What does this rock represent for you? What burden do you need to lay down at the cross?

Take the rock and leave it at the bottom of the cross. Linger there if you'd like, praying and reflecting. But as you stand and leave, know you're leaving your burden with God, trusting Him to take care of it.

Write down any reflections, notes or responses.

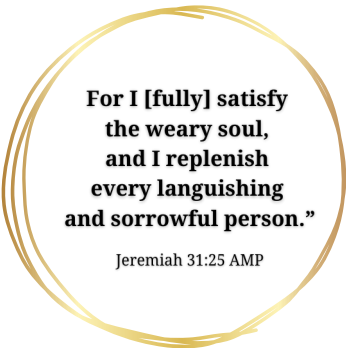
To Be Continued...

To be continued, for this is not the end or a conclusion. It's a renewal, a restart, a reset. Thank you for taking the time for yourself to reconnect with God, and with you.

If you have any feedback or want to share your experiences with us, please email reset@westheights.org. We'd love to hear if this is something we should do again.

We encourage you to continue these practices at home when you need them.

May this season be a season of renewal, of rest and God's peace over you.



**For I [fully] satisfy
the weary soul,
and I replenish
every languishing
and sorrowful person.”**

Jeremiah 31:25 AMP

