

Experience the Silence Encounter God

Be a Disciple of the Desert Fathers

7 days: Sunday, June 15th – Sunday, June 22nd
at Golden Cup Wilderness in Ukiah, CA

Step away from the distractions of daily life and enter into the sacred stillness where God speaks to the heart. Inspired by the genius of the Desert Fathers, this retreat invites you to embrace simplicity, silence, and solitude, allowing the Gospel and the natural beauty of Golden Cup to enrich your faith.

For seven days, you are called to live the Gospel radically—just as the early Christians did—by immersing yourself in prayer, fasting, and contemplation. This is a unique occasion to renew your commitment to Christ and be refreshed by the 2,000-year-old tradition that has nourished the Church and Her faithful.

Monastic Daily Rhythm

- *Starts Sunday, June 15, 5 PM with a communal meal and opening conference, till Sunday, June 22, after Divine Liturgy, and a festive brunch and sharing of the graces received.*
- *Daily Worship: Divine Liturgy, worship in the rhythm of ancient prayer, and a daily spiritual conference led by Fr. Agapetos, Priest and Monk of Holy Transfiguration Monastery.*
- *Silence & Solitude: Experience deep recollection and attentive listening to God.*
- *Sacred Fasting: Simple meals in keeping with the ancient fast of Sts. Peter and Paul.*
- *Silent Manual Labor: for those wishing to move or work, there will be opportunities to participate in food preparation, icon painting, gardening, forest work, and more.*

Who Should Attend?

This retreat is open to all who desire to enter into deep silence and prayer. The only requirement is a commitment to a full week of silence and simple living. Families and friends attending together will also be asked to uphold this sacred silence for the benefit of all.

Participants should be prepared for light hiking between retreat locations in rugged terrain.

No Wifi, cell reception or phone use. An emergency phone will be available for urgent matters.

Your Stay

- *Accommodations: Retreatants are encouraged to bring a tent. Rustic beautiful cabins are available at an additional cost. Please inquire in the registration form. (Only seven cabins are available, please register early to secure a cabin.)*
- *Cost: \$250 including meals.*
 - *8:00 AM – Divine Liturgy*
- *Daily Schedule:*
 - *12:00 PM – Freshly prepared brunch*
 - *5:00 PM – Evening conference with Fr. Agapetos*
- *Guided Prayer: Each day, a booklet with prayers, Scripture passages, and writings from the Desert Fathers will be provided to enrich your spiritual journey.*
- *Meals: Silent self-service meals will be consumed in solitude. Each retreatant will receive a personal lunchbox to carry their food to their place of prayer. Dietary restrictions can be noted in the registration form.*

*Are you ready for this unique immersion into
the heart of your faith life?*

Join us!