

## Rooted in God Retreat hosted by Quiet Waters

**Date:** 4pm, Friday 9<sup>th</sup> – 2pm, Sunday 11<sup>th</sup> October 2026

**Leader:** Frauke Eicker

**Location:** Quiet Waters Christian House, Flixton Road, Bungay NR35 1PD

**What to expect:** In this retreat Spiritual Director & MindfulnessNow practitioner, Frauke Eicker, will invite us to tune into the richness which the imagery of trees offers us as we explore what being rooted in God can look like in the beautiful setting surrounding Quiet Waters.

This retreat will appeal to those who wish to take time out, slow down and reconnect with God. We will start and end each day in prayer. As well as specific times of silent stitching together, there will be opportunities to walk in the garden and to reflect with others.



- √ Reflect on Scripture
- √ Listen to what the Lord is saying to us
- √ Deepen our communication with him
- √ Use leaves, bark and other natural items to create with and take home
- √ Think quietly and pray allowing the Lord to speak to us personally

*"Trees are sanctuaries. Whoever knows how to speak to them, whoever knows how to listen to them, can learn the truth." Hermann Hesse*

Experience a mix of guided contemplation, silent reflection, and tree-inspired creative exploration, with outdoor sessions weather permitting.

**Cost:** £300.00 full-board, £70.00 day guest

**To book:** contact the QW office at [mail@quietwaters.org.uk](mailto:mail@quietwaters.org.uk) or 01986 893201

## Rooted in God Retreat hosted by Quiet Waters

**Date:** 4pm, Friday 9<sup>th</sup> – 2pm, Sunday 11<sup>th</sup> October 2026

**Leader:** Frauke Eicker

**Location:** Quiet Waters Christian House, Flixton Road, Bungay NR35 1PD

**What to expect:** In this retreat Spiritual Director & MindfulnessNow practitioner, Frauke Eicker, will invite us to tune into the richness which the imagery of trees offers us as we explore what being rooted in God can look like in the beautiful setting surrounding Quiet Waters.

This retreat will appeal to those who wish to take time out, slow down and reconnect with God. We will start and end each day in prayer. As well as specific times of silent stitching together, there will be opportunities to walk in the garden and to reflect with others.



- √ Reflect on Scripture
- √ Listen to what the Lord is saying to us
- √ Deepen our communication with him
- √ Use leaves, bark and other natural items to create with and take home
- √ Think quietly and pray allowing the Lord to speak to us personally

*"Trees are sanctuaries. Whoever knows how to speak to them, whoever knows how to listen to them, can learn the truth." Hermann Hesse*

Experience a mix of guided contemplation, silent reflection, and tree-inspired creative exploration, with outdoor sessions weather permitting.

**Cost:** £300.00 full-board, £70.00 day guest

**To book:** contact the QW office at [mail@quietwaters.org.uk](mailto:mail@quietwaters.org.uk) or 01986 893201