

# Connecting New

September, 2017

Once I was telling someone that I was going to go on retreat. He asked, "What are you retreating from?" Like many things, my answer is a both/and. I am retreating from the ordinary busyness and the stress of daily living. I am retreating to an extending time to be with God in a quiet, restful way and to take stock once again of my life and how I want to live going forward.

But we don't have to go away for a week of silence to be on retreat. We can carve out a space and time in our daily lives which can even become part of our routine. For me it is walking in the woods.

The following poem and painting attempt to capture the feeling of walking in the woods near the retreat house I visited this past summer. When I go for walks at home, I can again resonate with that feeling.

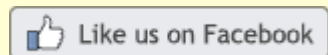
## Retreat Woods

Pines of every age fill the air  
flourishing ferns border  
needed paths enticing  
to go deeper  
to lose myself  
and find myself  
in you



May we all take time in our daily routines to retreat, if but for a few minutes. Although it will benefit us, it will benefit those we love even more.

Peace and Blessings,  
Clarence



Clarence Heller is a spiritual director, poet, and dreamer whose writing and paintings are inspired through prayerful reflection.

Contact: [clarence@clarenceheller.com](mailto:clarence@clarenceheller.com)

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