

Retreating is a Spiritual Health Strategy

The Salvation Army Territorial Headquarters offers Employee Reflection Days

Statement of Purpose:

In keeping with the mandate of the Territorial Strategic Priorities “Health and Wellness”, to provide space and time for THQ employees to nurture their spiritual lives in a supportive setting that reflects the values of The Army, in the form of optional retreat days.

Rationale

- The Salvation Army Canada and Bermuda Territory values the contribution made by its employees. As an organization and a branch of the Christian church it “exists to share the love of Jesus Christ, meet human needs, and be a transforming influence in our world”.
- Salvation Army missional values of compassion, respect, co-operation, include caring for those who facilitate the mission - both officer personnel and employees.
- Such care includes offering opportunities for employees to tend to their personal spiritual health. This is achieved, in part, by the open invitation for all to participate in weekly chapel services and Departmental devotional times.
- In addition, officers have the option to attend Officer Reflection Days periodically. Employees, many of whom regard their positions with The Army as an extension of their personal spirituality and vocation, have expressed an interest in having a similar opportunity.
- Employee Reflection Days can affirm the dignity of our employees, provide opportunity for personal growth, contributing to the effectiveness of the organization.
- Employee Reflection Days are a benefit that can be offered with very little additional cost to The Army.
- Reflection days would only involve one to two days absence from work per year (in addition to the time spent at Thursday services, and departmental devotional times).

Possible Components

While Christian in orientation, true to the ethos of The Salvation Army, the days would be respectful and not exclusive of participants of other faiths, involving components common to spiritual seekers such as:

Connection with nature, time of reflection, silence and meditation, stillness, practiced gratitude, time with a spiritual director and resources for spiritual development.

Sample Schedule:

- 9:00 a.m. Registration open
- 9:15 a.m. Group Gathering
- 10:00 a.m. Refreshment break
- 10:30 a.m. Small Group Listening Prayer (Lectio Divina)
- 11:50 a.m. Group briefing for afternoon Silence/Solitude time
- 12:00 p.m. Lunch
- Afternoon: Time for personal reflection, silence honoured, and optional meeting with a Spiritual Director.
- 3:00 p.m. Group gathering
- 3:30 p.m. Bon Voyage