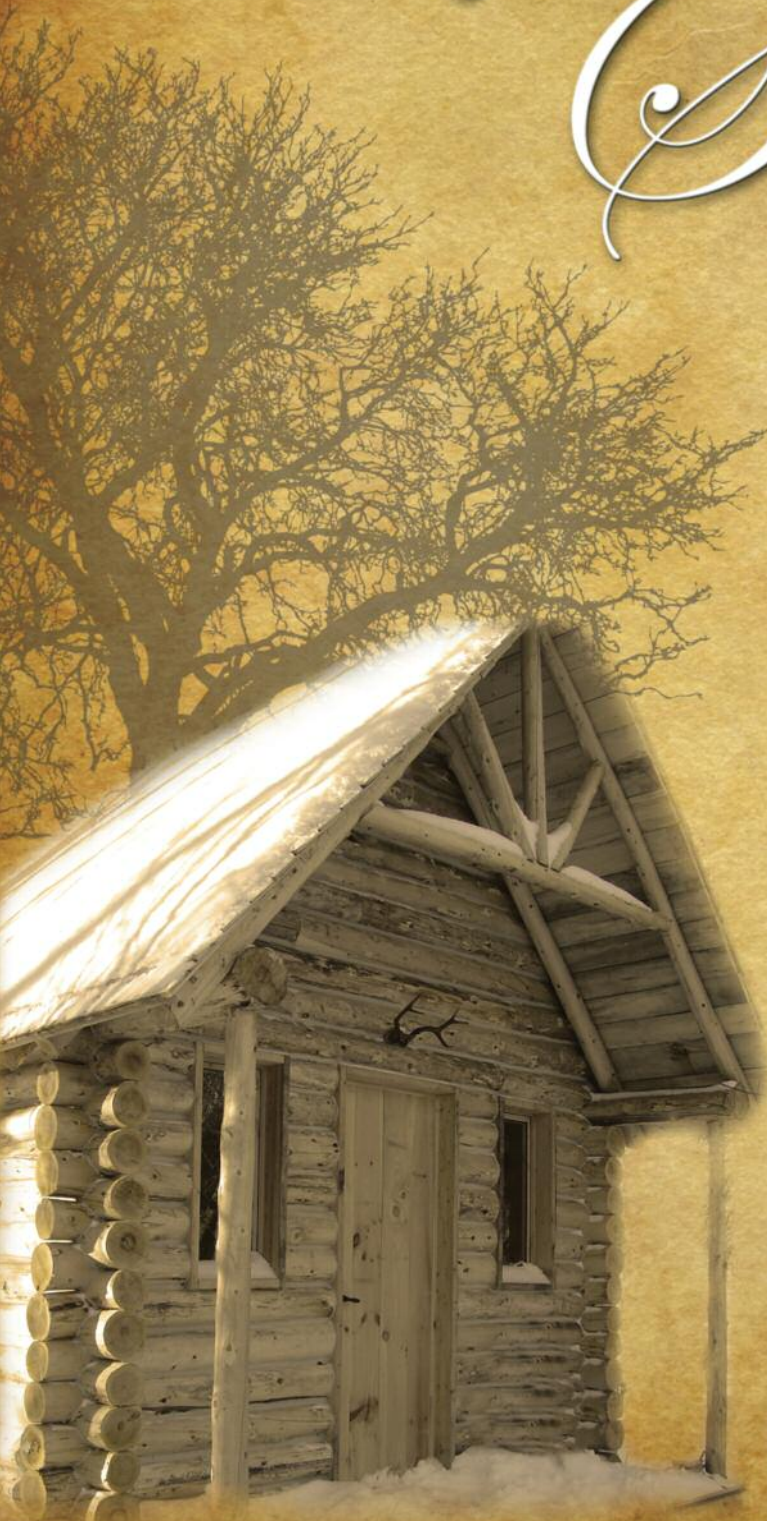


The Centre for Student Leadership Invites you to...



# *Experience Solitude*





# The Solitude Cabin

## Why Solitude

Many of us spend our lives just skimming the surface. We skim over relationships, we skim over heartaches and we skim over our emotional and spiritual needs. Our pool may look deep from the surface, but in reality it is shallow and easily dries up when faced with the heat of the elements.

We believe that leaders need to lead out of the life and strength that comes from having a deep pool. It is in places of quietness and contemplation that our pool deepens.... where we come face to face with who we really are and who we want to become. It is in those times of reflection that we build the strength required to influence with character and integrity.

The frantic, hurried pace of our culture can slowly erode our emotional and spiritual sensitivity. It is away from that culture that we invite you to retreat and give your body, mind and soul an opportunity to be restored.

We invite you to live differently for a short time. The differences may be realized simply by the silence or, in fact, through the hearing of a new sound. You will be surprised and comforted by the restorative influence of simple tasks like tending a fire or chopping wood. In this space you may also discover a personal restorative practice that you will desire to build into your everyday life. You just never know what might happen when you enter into solitude.

So, please consider some intentional time in our solitude cabin. It is a mysterious, mystical experience that may take you to places you've never been before.



The cedar log cabin is a small cozy space with all that you need. It has a main floor for relaxing and an upper loft for sleeping. The cabin was hand crafted by Jack Wright from the Bruce Peninsula. He paid strict attention to the detail found in a pioneer cabin of the early 1800's. Everything in the cabin is made by hand...from the windows and doors to the cabinets. So essentially, you will be staying in what we consider to be...a piece of art.

The cabin is located on the 5-acre property of the Centre for Student Leadership in Clarksburg. Uniquely it feels isolated and yet it is close to the main retreat centre. It is conveniently located on the trail system that, within minutes, has you walking up the Beaver River enjoying all the sights and sounds of nature. For some of you, the cabin and its contents will be all you need to experience a 24-48 hour period of solitude. For others, you may want to bring items not included in the cabin.

## The Cabin





# The Solitude Cabin

## Cabin Details

The following is a list of the cabin's utilities and contents. Please read through the list thoroughly so you are aware of what to expect.

### Utilities:

- electrical lights and power sufficient for small appliances or electronic devices
- cold running water through an outside tap
- small electric heater..just to keep the chill off
- woodstove for heating the cabin
- all the wood and kindling you need to heat the cabin during your stay

### Furniture/Extras:

- two wingback chairs
- one automon and one small foot rest
- two end tables
- two lamps
- cabinets for food and kitchen utensils
- one double mattress with cover
- garbage can and bags
- vacuum and broom
- one pair of snowshoes
- flashlights

### Kitchen Utensils and Appliances

- 4: plates, bowls, cups, mugs, spoons, knives and forks
- larger serving bowls
- small cutting board
- wash bin
- tea towels and dish cloths
- can opener
- microwave oven
- electric kettle

### Consumables:

- 4 individual soups
- 4 noodle packs
- 4 granola bars
- 4 bags of microwave popcorn
- 4 water bottles
- 8-litre container of drinking water
- fair-trade coffee with individual coffee drip and filters
- variety of teas
- sugar and creamer
- salt and pepper





# The Solitude Cabin

## Cabin Details

### You Need to Bring:

- sleeping bag or blankets and sheets for a double mattress
- pillow
- towel and personal toiletries

### Washroom Facilities:

The cabin does not have its own washroom. Those using the cabin have access to the washrooms in the retreat centre all day and night. Even if there is a group in the retreat facility, there are often several available washroom facilities for showering, etc...

### Kitchen Facilities:

The cabin is designed to provide a place to eat simply and with out involved preparation and clean-up. We would encourage you to come prepared to embrace a simpler diet. If you desire, there are many enjoyable restaurants in the area. To clean your dishes, at the end of your stay, you have access to the retreat centre kitchen. Please do not bring heating/cooking appliances other than those already provided in the cabin.



### On Arrival:

- the woodstove will be lit and the cabin warm.
- cabin will be stocked with consumable items listed

### On Exit You Must:

- vacuum and sweep the cabin
- clean the cabin to its original condition
- move furniture back to its original position
- put dirty dishes in the wash bin and leave in the retreat centre foyer
- fill out the exit form and sign the guest book
- please say a prayer for the next person who will coming to use the solitude cabin

