

## RETREAT REFLECTION

BY CAMERON TAYLOR

As I was driving home, I was chatting with my passengers about how can we bring back what we've gained back to Ann Arbor. The fall retreat, *Come Renew Your Spirit*, had such an impact on each of us, and we were all affected so positively. Some of us were bringing back newfound friendships. Some of us were coming back with a renewed relationship with God. Some of us were coming back with a little more patience. Whatever we had renewed (or just started) though, it was key that we continue it back home.

Personally, I knew I had to start praying when I lost my patience. Something I realized on retreat was that frustration is a direct result of a lack of patience. Patience itself is a grace from God, and it only can be given to us from God. Prayer is the answer. Prayer is how I gain that patience. As I write this a week after retreat, I reflect on how much the retreat impacted my prayer life. In order to achieve patience, I've had to pray for it. It's still a work in progress, but because of the fall retreat, I notice how I'm not so frustrated.

So as we were talking in my car, several ideas came up, but the recurring way to keep the spirit of the retreat was through prayer. Prayer is a way to know God. Prayer is a way to know ourselves. As my friend Katy said in her talk, "When we come to know ourselves, we come to know God because he lives in us." Retreat was a weekend of great renewal, but only because the Spirit was busy at work. The way to keep that Spirit busy is through prayer.

Retreat was one of the highlights of the semester so far. It helped me renew my prayer life. Prayer is the way to patience, love, forgiveness and peace in our personal lives. I can't thank enough all those who prayed and supported the retreat. This retreat truly renewed so many spirits, including my own, and I am so grateful for it.