



### **Deep Woods Immersion**

Deep Woods Immersion (DWI) is a Christian weekend retreat in a “deep woods” location intended to give participants space to commune with the Father, rest in the work of the Savior, and discern the leading of the Holy Spirit. The immersion is a coached experience that invites participants into a practice of God-focused, Scripture-centered solitude, silence, and contemplation, coupled with times of group teaching, reflection, and fellowship.

### **The goal of DWI**

DWI provides a unique opportunity for participants to come away and personally fellowship with God in a guided and supportive environment. It is anticipated that participants will walk away from DWI spiritually encouraged and refocused in their God-directed journey. DWI introduces or strengthens spiritual disciplines of silence, solitude, and contemplation that can be integrated into the regular rhythms of life.

### **When it's held**

DWI runs from Friday afternoon through Sunday morning during warm weather seasons.

### **Where it's held**

DWI is held in primitive, secluded “deep woods” locations, such as campgrounds, private acreages, and state/county parks.

### **How it happens**

A typical schedule for a DWI retreat weekend:

- Friday afternoon: arrive (4pm), check in and settle in, introductions, instructions
- Friday early evening: guided Scriptural meditation in individual solitude
- Friday evening: dinner, group teaching, fellowship, personal reading opportunity
- Saturday morning: breakfast, group preparation
- Saturday morning through evening: guided Scriptural meditations in individual solitude
- Saturday evening: dinner, group reflection, fellowship, personal reading opportunity
- Sunday morning: group application, individual solitude, break camp and depart (by noon)

### **What to expect**

- Expect to be fully present and engaged from Friday afternoon through Sunday morning.
- Expect to be coached. DWI is a guided retreat led by experienced staff.
- Expect to seek and listen to the Lord. DWI is a spiritual retreat with a concentrated, distraction-reduced, God-centered focus.
- Expect to be quiet and alone for much of the weekend, focusing on passages from God's Word. DWI includes long periods of silence and solitude.
- Expect fellowship. DWI includes times of group teaching, reflection, and fellowship.
- Expect to do some walking, stay in primitive cabins or tents, be outside much of the time, and possibly use pit toilets. DWI is held in a primitive/rustic/campsite setting in the woods. This is dependent on facilities.
- Expect to eat simply. Meals and snacks will be provided, but food will largely consist of simple, convenient, easily prepared, and/or prepackaged items.
- Expect to come away with a sense of renewal in the Lord and sharpened practices of silence, solitude, and Scriptural meditation.

### **What to bring**

Battery-operated flashlight and/or headlamp, Bible (hardcopy only), pen, water bottle and/or coffee tumbler or thermos, backpack or satchel, field knife, watch, clothing and footwear appropriate for outdoor camping, hand sanitizer, toiletries/necessities, insect repellent, towel, sleeping bag and pillow, preferred snacks or drinks (optional) (no alcoholic beverages). Journals will be provided, though you may bring your own if you prefer. Depending on retreat location, you may need to bring a tent. You may also bring a hammock if desired.

### **What not to bring**

Electronics (laptops, tablets, mp3 players, etc.), musical instruments, kitchen appliances, any other gadgets that might distract. See note about cell phones below.

### **About cell phones**

You may bring your cell phone, but you agree to keep it in your vehicle or give it over to be held by the DWI retreat staff during the weekend. Cell phones can be accessed one time per day for a brief phone call home if necessary or desired.

### **Contacts**

- Dennis Fulkerson, Discipleship Pastor, Mt. Vernon Community Bible Church, [dennis@mvcbc.org](mailto:dennis@mvcbc.org), 319-573-6331
- Tommy Simpson, Weekend Co-Leader, [tommy.d.simpson@gmail.com](mailto:tommy.d.simpson@gmail.com), 618-558-6786
- Kelly Danilson, Iowa Director, Man in the Mirror, [kellydanilson@maninthemirror.org](mailto:kellydanilson@maninthemirror.org), 319-310-6788

### **Registration**

- Cost: \$100. Covers campground fees, food, and retreat activities. Pay in cash or check upon

arrival. Or pay in advance at [Donate - Mount Vernon Community Bible Church](#).  
- Sign up at [www.mvcbc.org/dwi](http://www.mvcbc.org/dwi)