



Soul Care Examples and Ideas

"[Soul care] is successful at relieving the heavy heart. Retreats and spiritual exercises do a better job than anything else at bringing unity back to the team. There is a major attitude shift [that's] hard to quantify, but easy to identify on the ground." - Spark Grant Participant

Why is IDF offering this grant? We hope to support you in efforts to nurture the inner lives of your staff and the spiritual vitality of your organization. More intentional soul care can help prevent burn out and provide for deeper awareness of self and others.

How should grantees use a Spark grant? We encourage you to tailor soul care activities to the specific spiritual needs of your staff. The emphasis should be not on programming, strategy or planning, but on creating a more soul-nurturing work environment. Some grantees have used these funds to host an event or retreat for their entire team, others have used the funds for a particular group, team, or individual within the organization. We are happy to put you in contact with someone if you would like help considering possibilities.

Here are some examples of how Spark grants have been used in the past:

Spark Grant Activity	Comment
2-day guided retreat for the senior management team. Programming included prayer, worship, learning and practicing contemplative practices, having each person share their story, and lots of down time for reflection and community building.	"It was a great impact on my spiritual life and it was indeed a fruitful time of worshipping and praying together."
Monthly spiritual direction for an organization's Executive Director for one year.	"It is amazing to see how the gifts of an ever-deepening spiritual life inform all of who I am and what I offer in the work I do in the world."
Retreat for heads of programs & spouses. Objectives included: Pour into core staff and give them time for spiritual renewal; Introduce tools for contemplation and growing in God's presence; Provide a space and tools for couples to grow together spiritually; Bonding and team unity.	"It was so special to me to think of practicing the presence of God in a way that I am not used to. I learned how to really experience a peace, which was a highlight for me. I also appreciated seeing what was really at the heart of my coworkers and being able to connect with them more deeply."
Each of the 9 staff members of a small organization was provided with a stipend to attend a soul-care retreat of their choosing to recharge their bodies, minds and spirits. Activities included self-care retreats; participating in spiritual retreats; engaging in yoga, running, sport, and breathing techniques.	"I am incredibly humbled and grateful for this experience because my day-to-day responsibilities do not often leave time for me to take frequent holidays or time off to focus on myself."
A day was added to an organization's annual staff retreat which was devoted to soul care. Interspersed throughout the day were periods of time for mindfulness meditation led by a counselor and opportunities for active breaks.	"I loved the increased emphasis on soul care, and the time for mindfulness meditation - it was fun and empowering."

Specific Soul Care Resources (Boston based)

Retreat centers...

- [The Sanctuary at Woodville](#)
- [Salvation Army Wonderland Conference Center](#)
- [Rolling Ridge Retreat & Conference Center](#)
- [Miramar Retreat Center](#)
- [Craigville Retreat Center](#)

Organizations that can help...

- [Life/Work Direction](#)
- [Leadership Transformations, Inc.](#)
- [Still Harbor](#)
- [Pax Center](#)
- [The Well](#)