



Excerpt from  
**for good**

by *Micholyn Fajen*  
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Just 40 minutes north of the Twin Cities, on the scenic edge of the St. Croix River near Stillwater, Minn., is Dunrovin Christian Brothers Retreat Center. The destination is 50 acres of serenity as visitors have endless views of the St. Croix's backwaters that are both quiet and reflective.

Frequent retreatant Linda Christiansen of Des Moines says Dunrovin's setting nurtures, "A wonderful stone fireplace, floor-to-ceiling windows overlooking serene lake waters, this – in the height of fall foliage – was inspiration for my nature loving soul."

This riverside destination allows visitors to leave the city and the noise behind. Whether moved by the beauty of nature, the prayerful quiet or a gentle paddle with canoe across the still waters, Dunrovin offers retreatants handfuls of amenities for every season: two chapels, spiritual directors and a life coach are available.

Executive director Jerome Meeds sees a growing trend in retreats. Once the focus for religious groups, retreats now include individual experiences. Especially in the height of economic turbulence, job loss and personal challenge, looking inward and upward for meaning is a common path. "It's such a reward to see the journey of people on their individual retreat discover their God-given gifts inside of themselves. As a life coach, my goal is to help them take a deeper look inside to reveal that gift...a God-given skill and purpose is life-giving, not draining. When they recognize their purpose or gift, it frees them," says Jerome, who has clearly tapped into his own God-given gifts.

[Dunrovin.org](http://Dunrovin.org)

