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## Opulent silent retreat allows visitors to disconnect



Barbara Maddox participates in a silent retreat at Loyola Jesuit Center on Nov. 6 in Morristown, NJ. Pictured below is a window of stained glass at the Loyola Jesuit Center. PHOTOS BY YANNICK PETERHANS/NORTHJERSEY.COM

Deena Yellin NorthJersey.com | USA TODAY NETWORK

MORRISTOWN, NJ –

Amid autumn sunlight, a lone leaf slow-danced from its branch down to a reflecting pool, where koi circled a gently trickling fountain. • It was a picturesque garden, surrounded by brilliant gold and auburn foliage. • Still, silent meditation with this backdrop of tranquility can require help, which came from Brigitte Vohden. • “There’s no wrong way to do this,” she said.

As director of mission for Loyola Jesuit Center in Morristown, New Jersey, she has overseen many silent retreats and has met a growing number of novices.

Silent retreats have become a buzzworthy travel trend in recent years, as more Americans seek relief from the stress of their lives and the nonstop overstimulation of the digital age. Yoga centers, spas and convents have reported a spike in interest from visitors who want to unplug from the chaos.

See RETREAT, Page 3A



## Middlesex restaurateur brings imaginative restaurants to Carteret

Suzanne Russell  
MyCentralJersey.com  
USA TODAY NETWORK – NEW JERSEY

Restaurateur Sarbjit “Sam” Badwal is bringing two imaginative restaurants to Carteret aimed at blending in with the borough’s efforts to create dining and entertainment experiences.

Badwal, who has lived in Carteret for

more than 15 years, recently opened Lab X, a fusion of international food focused on Mediterranean and Indian cuisine, innovative cocktails, and hookah flavors along with live DJs and entertainers, at 265 Washington Ave.

LVLZ, a hibachi restaurant, is under construction on the rooftop and ground floor of The Botanic, at 36 Washington Ave., and will include a rooftop bar and

dining.

The two eateries are Badwal’s first restaurants in his hometown.

“We chose to open two restaurants in Carteret — rather than just one — because each concept plays a unique role in supporting the borough’s long-term vision for growth, entertainment, and community engagement,” Badwal said. “Carteret is in the middle of an exciting

transformation, especially with the Performing Arts Center attracting more visitors, new residents, and vibrant nightlife. We saw an opportunity not just to open a restaurant, but to help build a full ecosystem of dining and entertainment experiences that complement what the town is already investing in.”

See RESTAURANTS, Page 3A



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