

Meeting the World with Trust: *Transforming Fear into Faith*



November 2nd – 5th, 2017
Hallelujah Farm · Chesterfield, NH

In this intensive 3-day retreat, we will complement our Wisdom practices of centering prayer, lectio divina, chant and conscious practical work with practices that bring interior freedom into dialogue with the body, supporting physical relaxation and a transformed nervous system.

Our sessions will emphasize practical disciplines emerging from the ancient Russian health system, itself closely linked to the Eastern Orthodox contemplative tradition of hesychasm. We will explore the relationship between physical and psychic tension and fear, and physiological relaxation and faith. Beginning with solitary practices involving meditation, breathing and movement, we will eventually move into partner and group work utilizing relaxation to creatively engage with conflict both within ourselves and in our immediate environment.

Participants will finish this intensive with an expanded sense of the role and potential of body practice in contemplative transformation, and practical methods to improve

their physical health and body awareness.

People of all spiritual traditions (or none) are welcome. Some experience with silent prayer or meditation is helpful.

Retreat Guides: Mark Kutolowski, Laura Ruth and Kerstin Lipke.

Mark is an Oblate of Saint Benedict, a Centering Prayer teacher (through Contemplative Outreach) and practitioner with twenty years of daily practice, and an instructor of the Russian martial art Systema. Mark and his wife Lisa live and facilitate programs at **Metanoia of Vermont Homestead and School of Christian Transformation**.

Retreat begins: Thursday, November 2nd at 6:00pm with a light supper.

Retreat ends: Sunday, November 5th at 6:00pm at 2pm after lunch.

Cost: All are welcome at **Hallelujah Farm**. The suggested contribution for this 3-day retreat is \$275 which includes a \$50 deposit.

However, we are grateful for your support in the amount you feel you can afford.

Venue: Accommodations are in shared double rooms. Single rooms may be available upon request.

Information & Registration: Contact Kerstin Lipke at kerstinlipke@gmail.com.

In order to hold your place, the following deposit is requested:
\$50 due by October 12th.

**This retreat is made possible by a grant from
The Narthex Foundation
and in partnership with Hallelujah Farm.**

Image: The Trinity, Hildegard von Bingen