

SACRED SILENCE RETREAT:

An Immersion in Contemplative Practice
Hallelujah Farm • Chesterfield, NH



February 19 - 26, 2017
or February 24 - 26, 2017 (weekend only)

Winter's invitation is to move downward and inward, to join the plants and hibernators in darkness, waiting, and unknowing. To listen in the quiet depths of the heart, opening to a greater mystery within. This week-long retreat, with a weekend-only option, is a rare opportunity to follow this seasonal rhythm by entering deeply into sacred silence through the practice of silent prayer. While this will be the primary emphasis during the weekend, we will also experience:

- **Lectio Divina** or “sacred reading” – an ancient monastic practice of listening to the Spirit speak to our hearts through Scripture.
- **Sacred Chanting** – no prior singing experience necessary!
- **Embodying Prayer** – gentle, natural movements and gestures that complement our sitting practice.
- **Conscious Practical Work** – a practice of presence and attention.
- **Eucharistic Worship** – all are welcome.

This is a wonderful opportunity to go deeply into silence and solitude within a community of support. People of all spiritual traditions (or none) are welcome. The only prerequisite is some prior experience with silent prayer or meditation. We will make available an optional instruction or review of the practice of *Centering Prayer*, a method of silent prayer within the Christian contemplative tradition.

Retreat Guides: The Rev. Steven Bonsey, Allen Bourque, Kerstin Lipke & Laura Ruth.

Week-long Retreat begins: Sunday, February 19th at 5:30pm with a light supper.

Weekend Retreat begins: Friday, February 24th at 6:00pm with a light supper.

Both Retreats end: Sunday, February 26th at 2pm after lunch.

Cost: All are welcome at Hallelujah Farm. Suggested contributions:

Feb 19-26, 2017 week-long (7 nights) retreat: \$425 includes \$75 deposit.

Feb 24-26, 2017 weekend (2 nights) retreat: \$225 includes \$50 deposit.

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

Venue: Accommodations are in shared double rooms. Single rooms may be available upon request. For more information about Hallelujah Farm go to www.hallelujahfarm.com.

Information & Registration: Contact Kerstin Lipke at kerstinlipke@gmail.com. In order to hold your place, the following deposits are required: for the week-long retreat, \$75 is due by January 27th. For the weekend-only retreat, \$50 is due by February 10th. Please mail to Laura Ruth at 17 North Bear Swamp Road, North Middlesex Vermont 05682.