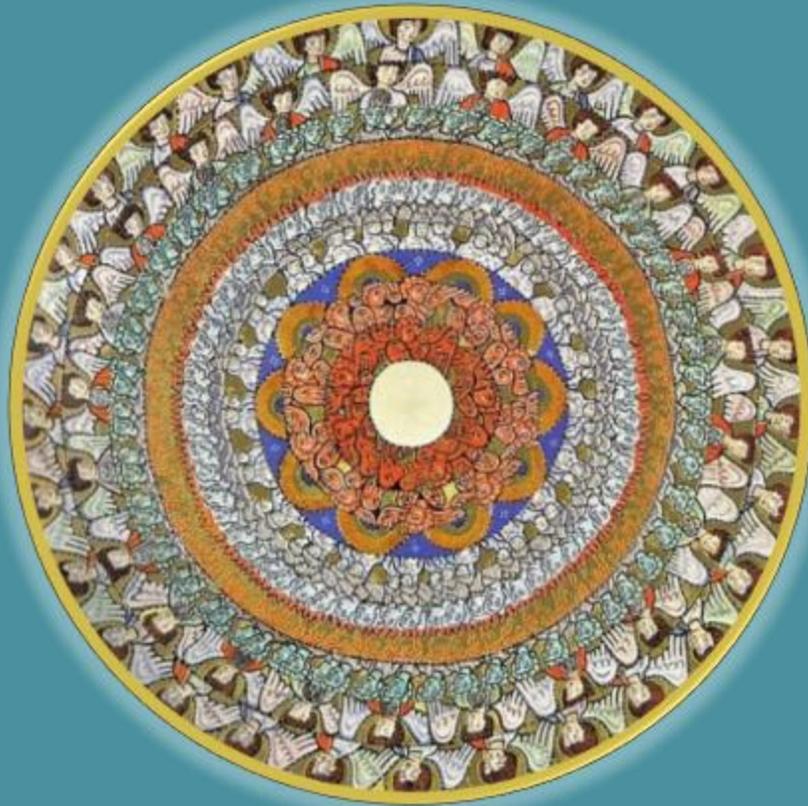


SACRED SILENCE RETREAT: *Stillness & Contemplative Practice*

Hallelujah Farm • □ Chesterfield, NH



February 16-18, 2018 • □ February 16-23, 2018
(weekend retreat) (week-long retreat)

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. Practicing together in silence calls us to the core of who we are, inviting transformation at the deepest levels and preparing us to be in the world with equanimity and grace. This week-long retreat, with a weekend-only option, is a rare opportunity to go deeply into silence and solitude within a Wisdom community of support through the practice of silent prayer. While this will be the primary emphasis during the retreat, 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.

People of all spiritual traditions (or none) are welcome. Prior experience with silent prayer or meditation may be helpful. 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, Laura Ruth, Kerstin Lipke & Allen Bourque.

Both Retreats begin: Friday, February 16th at 5:30pm with a light supper.

Weekend Retreat ends: Sunday, February 18th at 2pm after lunch.

Week-long Retreat ends: Friday, February 23rd at 2pm after lunch.

Cost: All are welcome at [Hallelujah Farm](#) and we are grateful for your support in the amount you feel you can afford. As a guideline, suggested contributions for these retreats are:

Feb 16-18, 2018 weekend (2 nights) retreat: \$250 includes \$50 deposit.

Feb 16-23, 2018 week-long (7 nights) retreat: \$525 includes \$75 deposit.

Venue: Guests receive the hospitality of Sandy & Roger Daly at beautiful Hallelujah Farm. 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 deposits are requested:

Week-long retreat: \$75 is due by January 26th.

Weekend retreat: \$50 is due by February 2nd.

**This retreat is made possible by a generous grant from
The Narthex Foundation.**