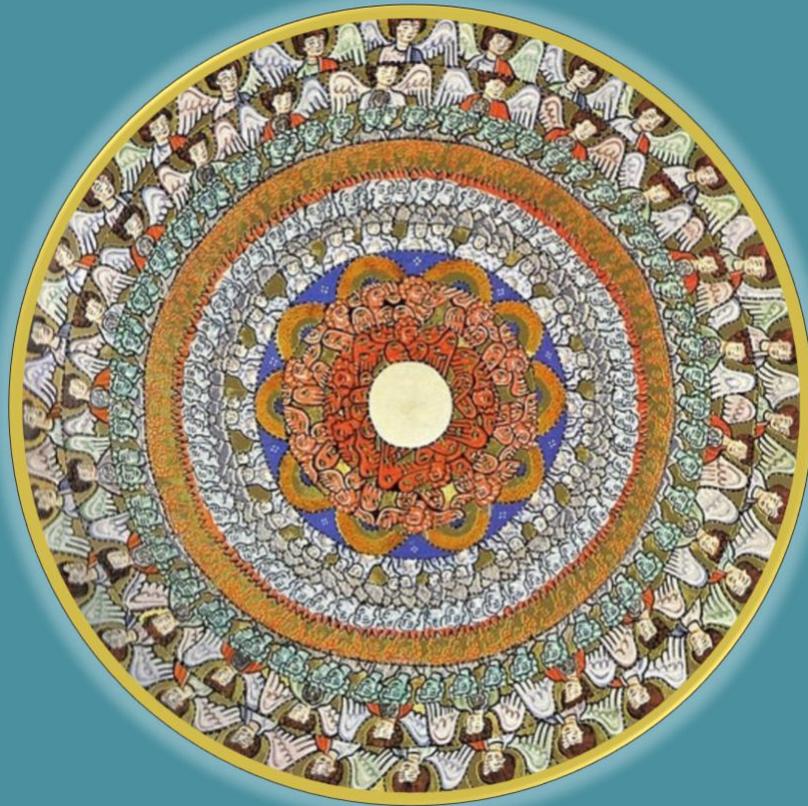


SACRED SILENCE RETREAT: *Stillness & Contemplative Practice*

Hallelujah Farm • Chesterfield, NH



February 14-18, 2019

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 4-night retreat is a rare opportunity to go deeply into silence and solitude within a Wisdom community of support through the practice of silent prayer. 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 Chant** - no prior singing experience necessary! **Body-awareness Practice** and gentle, natural movement. **Conscious Practical Work** - a practice of presence and attention.

People of all spiritual traditions (or none) are welcome. Prior experience with silent prayer or meditation may be helpful.

Retreat Guides: Laura Ruth & Kerstin Lipke.

Retreat begins: Thursday, February 14th at 5:30pm with a light supper.

Retreat ends: Monday, February 18th at 1pm after brunch.

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, a suggested contribution for a shared room is \$395 (includes a \$75 deposit). Single rooms may be available upon request for a suggested contribution of \$495 (includes \$75 deposit).

Venue: Guests receive the hospitality of Sandy & Roger Daly at beautiful [Hallelujah Farm](#). Most accommodations are in shared double rooms.

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

In order to hold your place, the following deposit is requested:

\$75 due by January 31st.

**This retreat is generously supported by The Friends of
Incarnating Wisdom**