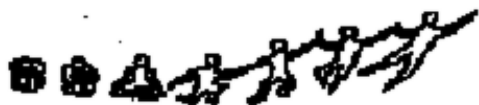


Incarnation Monastery Half and One Day Silent Contemplative Prayer Retreats 2013 - 2014

Date:	Half/One Day:
August 24	Half Day
September 28	One Day
December 14	One Day (Advent)
January 11	Half Day
March 1	One Day (Lent)
June 14	One Day

We invite you to attend a silent Contemplative day of prayer. Silence in community is a wonderful experience of shared intention and surrender to the Divine. We will be participating in formal silent prayer, Lectio Divina, and shared Grand Silence. Our focused aim will be silence in community by our collective participation in something much greater than ourselves by letting go of our busy lives, our shopping, our worries, our planning, and our doing. Come let us drink deeply of the still waters.

Psalm 46: Be still, and know that I am God.



Where: Incarnation Monastery Guest House

When: Saturdays

Half days 8AM – Noon

One days 8AM – 3PM

Costs: \$20 Suggested love offering

Provided: Beautiful retreat setting, coffee, tea, fruit

Lunch – *One Days only* (Vegetarian soup, salad, & bread)

Address: 1369 La Loma, Berkeley, CA 94708

What to bring/wear:

Sit cushion if you use one

Wear comfortable clothing and bring wrap accordingly



Sit in your cell as in paradise; put the whole world behind you and forget it; like a skilled angler on the lookout for a catch keep a careful eye on your thoughts.

The path you follow is in the psalms

don't leave it. If you've come with a novice's enthusiasm and can't accomplish what you want, take every chance you can find to sing the psalms in your heart and to understand them with your head; if your mind wanders as you read don't give up but hurry back and try again.

Above all realize that you are in God's presence; hold your heart there in wonder as if before your sovereign.

Empty yourself completely; sit waiting, content with God's gift, like a little chick tasting and eating nothing but what its mother brings.

Please visit our website at: <http://www.incarnationmonastery.org>