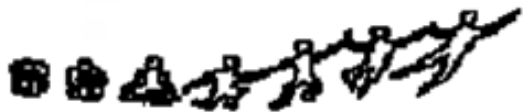


# Incarnation Monastery Half and One Day Silent Contemplative Prayer Retreats 2014 – 2015

Date:	Half/One Day:
August 23	One Day
November 1	Half Day
February 14	One Day (Lent)
March 14	Half Day
May 9	Half Day
June 13	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 *(Please commit to the times listed)*

Half days 8AM – Noon

One days 9AM – 3PM

**Costs:** \$20 Suggested love offering

**Registration:** Space is limited so please sign up at least one week prior to the retreat. Email: [mbadgett@austinpacs.com](mailto:mbadgett@austinpacs.com)

**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>