



Ministries for Spiritual Development



**Drawing from the Depths of Spirit
Contemplatively
Actively**

2018 Day Retreat Guide

A Journey of the Spirit (Seasonal Labyrinth Walks)



Dates: Summer - June 17, 2017
Fall - September 23, 2017
Winter -January 20, 2018
Spring - March 24, 2018
Saturday, 9:30am-3:30pm

Description: Come join us for a day each season to explore and walk the labyrinth. This very ancient practice in the church has much to offer us today as we open to the Spirit and walk the way. Show up for one or all four of the days and learn about the tradition, with time for reflection and prayer, and with guidance in the walking.

Place: St. Paul Lutheran Community Labyrinth, 145 East Grand Avenue, Tower City, PA 17980
Phone: (717) 647-4700

Leaders: Marie Rodichok and Bonita Rose

Cost: \$25-50/ day (as you are able) Please bring a bag lunch. Drinks will be provided.

Seeing the Seasons— A Year with Photography as a Contemplative Spiritual Practice

Fall - October 21, 2017
Winter- January 20, 2018
Spring- April 21, 2018
Summer— June 23, 2018
10:00am - 4:00pm



Description: In our days together, we will explore the wonders each season reveals about God, ourselves, and our world, as seen through a camera lens. No fancy camera equipment is needed nor any in-depth prior knowledge of photography: just a desire to see more of God's grace and love in each season and each day. Come join us as we spend these days playing and praying with our cameras, sharing our reflections and learning something new. Participants will also have access to an on-line site for sharing photographs and reflections with one another "beyond the day." Register for one or all of the days but each event is limited to 16 participants, so register early .

Place: First Presbyterian Church, 101 Bridgeboro Road, Moorestown, NJ, 08057

Leader: Dick Herman

Cost: \$60-\$85 (as you are able) Please bring bag lunch. Event is rain or shine.
Please bring a camera or smart phone.



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Deeper into the Wild: Hiking the Seasons as a Mystic on the Trail



Dates: *Fall, September 22, 2017*
Winter, December 21, 2017
Spring, March 21, 2018
Summer, June 21, 2018
9:00am-3:00pm

Description: *Deeper into the Wild* consists of four hikes, each five to seven miles, occurring, if possible, on the actual day of the solstice or equinox, as a celebration of the season at hand. Registration can be for single hikes or for all four. The hikes are open to everyone, regardless of experience. Hiking participants will be guided into times of reflection and sharing as part of the experience, to deepen awareness, the quality of solitude, the sense of freedom, and the depth of the experience of community.

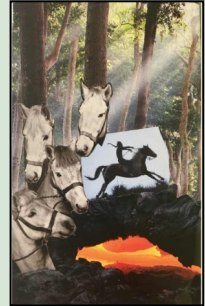
Place: *The hikes will be in south central PA and northern Maryland*

Leaders: Michael Allwein, Barbara Hutchinson, Marjorie Ellen Rupert, and Mary Grace Shearer

Cost: \$25-\$50 (as you are able), per hike in gratitude for Oasis

Art4Soul Care Retreat

“Art4Soul is a creative way to listen to your heart, your inner voice, and the voice of the Spirit speaking from the collage of the soul.”



Description: We will spend time in spiritual reflection, making art, listening inward, and sharing outward the insights impressed upon you in the context of God's grace and love for you. Each person will create a SoulCollage® that emerges from this fun and spiritual process. The images we create can open new awareness and deeper understanding of God's unfolding narrative in our lives. PLEASE sign-up early so we can plan for the material needs.

Date: Saturday, February 3, 2018, 9:30am-3:30pm

Place: Hosanna! 29 Green Acre Road, Lititz, PA 17543

Leader: Sharon Barley

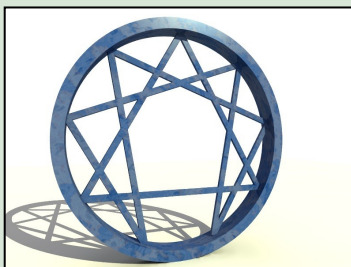
Cost: \$60-\$85 (as you are able) Please bring a bag lunch, pair of sharp scissors, old magazines with lots of pictures to share, and an open heart for what new grace comes into your life!



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An Enneagram Introduction: The Basics



The goals of this workshop are:

- * To provide a basic introduction to the Enneagram as a system*
- * To define the nine types and help the participants identify their own type*
- * To explore the implications for spiritual growth for each type*

Description: The Enneagram is a method of developing spiritual and psychological self-awareness. It identifies nine ways of experiencing ourselves, which deepen our capacity to understand, celebrate, and relate more meaningfully to ourselves and others. This introductory workshop will present the basic dynamics of this ancient wisdom path, focusing on the formation and transformation inherent in each of the nine styles, their particular gifts and challenges, and how this knowledge invites us to move forward in more life-giving ways.

Date: Saturday, February 24, 2018, 9:30am-3:30pm

Place: Hosanna! 29 Green Acre Road, Lititz, PA 17543

Leader: Jo Ann Kunz

Cost: \$60-\$85 (as you are able) Please bring a bag lunch. Drinks will be provided.

The Pilgrims Pathway: The Twelve Steps of Recovery for Life



*Pathway to Freedom, Forgiveness,
Fulfillment*

Description: While we may think the Twelve Steps of Alcoholics Anonymous may only be for those seeking freedom from addictive substances or behaviors, they also are a guide for anyone desiring to deepen contemplative practices for life. We ALL are addicted to something – for some it is physical, some mental, but for all, the **spiritual life** is the ultimate pathway to a life of freedom, forgiveness, and fulfillment.

Date: Saturday, April 7, 2018, 9:00am-4:00pm

Place: Daylesford Abbey, 220 S. Valley Rd., Paoli, PA 19301

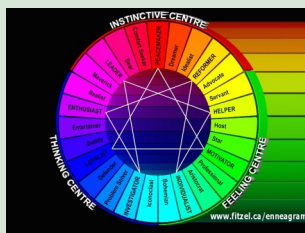
Leader: Paul Gennett, Jr.

Cost: \$60 -\$85 (as you are able) Lunch is provided.



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The Enneagram: Beyond the Basics



Familiarity with the fundamental dynamics of the Enneagram is necessary for this workshop. "An Enneagram Introduction: The Basics" satisfies this prerequisite. Those who have attended other introductory Enneagram workshops are also welcome.

Description: *The Enneagram: Beyond the Basics* is a day-long learning opportunity for those with a rudimentary knowledge of the Enneagram who desire to deepen their understanding of this ancient spiritual self-awareness method. This workshop will invite participants to explore the Enneagram's wisdom in facilitating personal and interpersonal shadow and integration work (especially helpful at midlife).

Date: Saturday, April 14, 2018, 9:30am-3:30pm

Place: Hosanna! 29 Green Acre Road, Lititz, PA 17543

Leader: Jo Ann Kunz

Cost: \$60- \$85 (as you are able) Please bring your own bag lunch. Drinks will be provided.

Annual Poetry As Prayer: Denise Levertov



"Invocations of Humanity"

Description: This our 9th annual Poetry as Prayer Day features the work of poet Denise Levertov, whose long career illuminated the human condition. Levertov was passionate about human experience: love, motherhood, nature, war, the nuclear arms race, the environment, mysticism, faith, poetry, and the role of the poet, all found their way into her "invocations of humanity" (Joan F. Hallisey). Levertov understood that awe, praise and celebration are as strong of impulses in human nature as is lament. And for her the mystical was always an experience that placed one back into the human family--awake and responsive to the human needs of the day. Come and share in this day as we let her words speak to us in our day and awaken in us our own invocations of humanity.

Date: Friday, April 27, 2018, 9:30am-3:30pm

Place: Lititz Church of the Brethren, 300 West Orange St., Lititz, PA 17543

Leader: Glenn Mitchell

Cost: \$65- \$85 (as you are able) Please bring a bag lunch. Drinks will be provided.



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Art and Soul with T r se of Lisieux

*“If every tiny flower wanted to be a rose, spring
would lose its loveliness.”*

-Th r se de Lisieux



Description: Celebrate the artist in you with inspirations from the life of T r se of Lisieux, creative contemplative and mighty mystic. Come to know the depth of her devotion, the breadth of her artistic creation, and the power of her spiritual wisdom that is manifest in her writings and meditations. Experience the process of art journaling through a variety of writing, gazing and illustrative exercises. Learn to use simple art materials to help focus, express or respond to prayer through drawing, painting, collage, illumination, mixed media and more.

This artistic pilgrimage will take place at the Lein Home, a river refuge on the shore of the Elk River in Elkton, MD. Create soul-filled images, immersed in the beauty of Creation, on the shore of this northeastern gateway to the Chesapeake. Space is limited to 16, so please register early!

Date: Saturday, April 28, 2018, 9:30am-3:30pm

Place: The Lein Home, 14 Park Lane, Elkton, MD 21921

Leader: Maria Cirillo-Lein, Catherine Forberger, and Kathleen Tavani

Cost: \$60-\$85 (as you are able) Lunch and art materials provided

Journey to Wholeness Retreat Day

*Fairytales, myths, and the
unfolding of our own hero/ heroine’s story*



Description: Joseph Campbell discovered a pattern within every story ever told--a Hero/ Heroine’s Journey. Each one of us is given this Invitation in Life. What is the Story/Stories we tell ourselves and others?... Is it time to Re-Write our Story?... During this retreat we will explore various stories (myths, legends, and fairytales) that help us see this pattern as well as take a look at our own Life and Our Stories... Come join us for this day of play and creating! We will use various art mediums and contemplative practices as we explore our Story! Dress to be messy!

Date: Saturday, May 5, 2018, 9:30am-3:30pm

Place: WarmSpring Farm, 11907 Welsh Run Road, Mercersburg, PA 17236

Leader: Cheri Roth

Cost: \$60-\$85 (as you are able) plus a \$15 materials fee. Please bring a bag lunch. Drinks will be provided.

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A Day Beholding Birds

*Best of any song
is bird song
in the quiet
but first you must have the quiet.*
--Wendell Berry, *A Timbered Choir*



Description: Come join us in the beautiful setting of St. Francis Center for Renewal for a day beholding the beauty and wonder of birds. We will allow the birds to be our guides into our own meditation, into our own sense of being. We will open to the birds speaking to us beyond the sounds of their calls and the flash of their bright feathers in the sun. We will deepen our encounter with all that we experience. We want to end the day not so much with a list but with a deeper peace and many sweet memories of where we were met, where we were enlivened, by the birds we beheld.

Date: Saturday, May 19, 2018, 9:30am–3:30pm

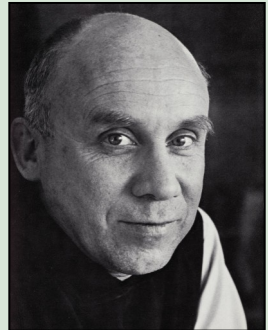
Place: The St. Francis Center of Renewal, 395 Bridle Path Road, Bethlehem, PA 18017

Leaders: Linda Klopp and Glenn Mitchell

Cost: \$60- \$85 (as you are able) Please bring a bag lunch, and binoculars if you have them. Drinks will be provided. Dress for out-of-doors. No experience necessary.

Thomas Merton Retreat Day

*A Repeating Event with
New Explorations*



Description: Come join us for a day apart with the works of Thomas Merton. We have been gathering annually for 15 years in the beautiful setting of Still Waters to explore the continuing contribution of Merton. Thomas Merton (1915-1968), Trappist monk, writer, poet, contemplative, was one of the most influential Christian voices of the 20th century. The day will hold reflections on a theme, time for retreat along the banks of the lovely Conodoguinet Creek, and time to share with other seekers.

Date: Friday, June 8, 2018, 9:30am –3:30pm

Place: Still Waters Retreat Center, 501 W. Slate Hill Road, Carlisle, PA 17013

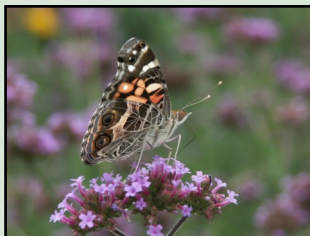
Leader: Glenn Mitchell

Cost: \$75 -\$95 (as you are able) Space is limited to 18, so please register early. Please bring a bag lunch, Drinks provided.

The Contemplative Art of Watching Butterflies

“The butterfly counts not months but moments, and has time enough.”

-Rabindranath Tagore



Description: The program will include instruction on the best plants to use to attract butterflies to your home garden, tips on viewing and photographing butterflies, suggestions on field guides and garden information and also ample time to settle inward and discover the significance of butterflies in your own personal journey through private prayer time journaling and art experience. The day will also include walks to view butterflies in the Mercer Educational Gardens.

Date: Saturday, June 9, 2018, 9:30am-3:30pm

Place: Mercer Educational Gardens, 431 A Federal City Road, Pennington, NJ 08534

Leader: Teresa Knipper

Cost: \$60 -\$85 (as you are able) Please dress for the outdoors with sturdy shoes, hat, insect repellent and sunscreen if you use, and bring water and lunch.

Still and Still Moving:

*In retreats/teaching, and
companioning others and in your
life’s web*



Description: How can you practice “stillness in motion” in tattered threads of your life’s web? Learn ways to open to surprise—with silent times, film clips, music, writing, gestures, and reading. Examples: pause with another to convert your insight into a question?; invite “silent applause” in groups; use “examen” in the shower to discern a centering word/image—then expect still points on the go; enter your “portable monastery” at the computer. *T.S. Eliot phrase

Date: Friday, June 15, 2018, 9:30am-3:30pm

Place: Christ Presbyterian Church, 421 Deerfield Road, Camp Hill, PA 17011

Leader: Kent Groff (Oasis Founding Mentor)

Cost: \$60 -\$85 (as you are able) Please bring a bag lunch, drinks are provided.



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