

WINTER STILLNESS

SIFTING THROUGH THE SILENCE

Jennie Isbell & Newell Pledger-Shinn

December 29, 2012 - January 1, 2013



At the cusp of the New Year, Autumn is well behind us, and Spring seems far ahead. Silence and Contemplation are natural activities of Winter, often lost in the rush of holiday celebrations and busyness, which keep us living on the noisy surface. The Holy exists in the seeds

that lie dormant within us - seeds of longing, that may be the first nudge toward a leading. The seeds lie waiting for ripeness, for the inward push that breaks open the shell and allows our wispy urgings to reach skyward. During this waiting time, much like Winter itself, inner experience is rich and subtle. At the New Year's Retreat, together, we will enter into intentional silence Saturday evening, and will sing our way into the New Year on Tuesday. In between, there will be opportunities to practice lectio divina (Holy Reading), to journal, experiment with art supplies, walk the land, and tune in to the sounds of longing that are just beneath the level of silence. We will have opportunities for worship and worship sharing, and nourishing silent meals.

Program cost of \$295 includes program, housing and meals, Saturday dinner thru Tuesday lunch. Scholarships are available - please ask!

WOOLMAN HILL
Quaker Retreat Center

www.woolmanhill.org
info@woolmanhill.org
www.Facebook.com/WoolmanHill
107 Keets Road
Deerfield MA 01342
413-774-3431

Jennie Isbell and Newell Pledger-Shinn are this year's Friends-in-Residence at Woolman Hill. Jennie is a bodyworker, yoga teacher and spiritual director. At the center of her work are a passion for spiritual hospitality that includes companioning seekers as they find ways to respond to divine presence, and the persistent conviction that spirit and body are deeply, reciprocally connected. Newell first learned wonder as a childhood woods wanderer and playful poet. He's been returning ever since to nature and to stillness as central supports in his spiritual journey. His joy is co-creating spaces for the loving and faithful encounter of self, other, and divine.



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COST & REGISTRATION

The standard rate for this retreat is \$295. The fee includes program, lodging and food. Commuter rate is \$225. Please ask if you need additional scholarship funds. A non-refundable deposit of \$50 is required to hold a space for a program. If you need to cancel, the deposit can be applied toward a future workshop.

ARRIVAL & DEPARTURE

Plan to arrive after 5pm Saturday evening, in time for dinner at 6:30. The workshop will end by 2pm on Tuesday. We are centrally located in western Massachusetts, close to both I-91 and Route 2. For those arriving by car, we will send directions when you register. Please let us know if you'd be interested in carpooling. The nearest Amtrak train station is in Amherst. Vermont Transit and Peter Pan bus lines stop in Greenfield. Please contact us to arrange a ride from these stations.

ROOM & BOARD

Our 19th-century farmhouse has hand-hewn beams and wide pine floors, with simple dorm-style lodging. The meetinghouse and the first floor of the main building are wheelchair accessible. We serve nourishing, primarily vegetarian, home-cooked meals and always offer a vegetarian option. Please let us know if you have any dietary restrictions. Part of the community building at each retreat includes the joyful sharing of meal chores and clean-up.

WHAT TO BRING

Please bring your own toiletries, towels, and bedding (sleeping bag or sheets and blankets or comforter). Pillows are provided. Be sure to bring seasonally appropriate clothes and comfortable indoor and outdoor footwear. You might also like to bring a flashlight, journal, musical instrument... Please do NOT bring pets or candles. We have limited internet access and cell phone reception. We encourage guests to consider whether cell phone or computer use will detract from their experience of being fully present, here and now.

To register for this program, please fill out the information below and send it to us with a \$50 deposit made payable to Woolman Hill. The balance is due at the beginning of the workshop. For more details about our programs and facilities, please visit our website (www.woolmanhill.org) or use the above contact information.

WINTER STILLNESS, Dec 29, 2012 - Jan 1, 2013	
NAME:	
E-MAIL:	PHONE:
ADDRESS:	
MONTHLY MEETING (if applicable):	
Enclosed is \$_____. I plan to pay a total of \$_____ (\$295 standard rate, \$225 commuter).	
DIETARY, HOUSING, OR OTHER SPECIAL NEEDS:	