

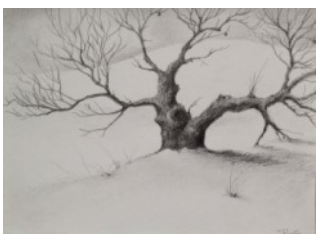


# YEAR-END CONTEMPLATIVE RETREAT DECEMBER 29, 2016 - JANUARY 1, 2017 CONNECTING WITH SPIRIT

## THROUGH OUR INNER CREATIVE SPARK REFLECTING INTO THE NEW YEAR WITH ART AND SPIRIT WITH MICHELLE BRIMAGE, SHEILA GARRETT & SADELLE WILTSHIRE

The standard cost for this program is \$300 and includes program, housing and meals. There is a sliding scale (\$210-\$410) and scholarship help as needed.

More information and registration form on reverse, or register at [www.woolmanhill.org](http://www.woolmanhill.org).



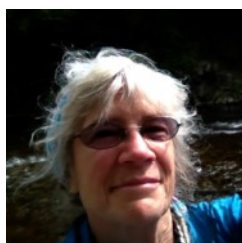
This four-day workshop (Thursday evening through Sunday lunch) will offer a chance for reflecting on the old year and looking towards the new. Engaging our creativity through art, prayer, meditation, journaling and worship sharing, we will explore our inner landscapes through visible contemplations. Participants will have options for varying amounts of silence or verbal participation throughout the retreat, and meals on Friday and Saturday will be in silence. In addition to plenty of creative opportunities (meditative drawing—“Drawing in the Spirit” and Zentangle, mandala creating and coloring, art journaling, Meeting for Worship with Attention to Art-making), there will be time for soaking in the natural beauty of Woolman Hill, enjoying the coziness of a woodstove, a New Year’s Eve bonfire, and whatever level of solitude or quiet companionship is right for you... No art experience or skill necessary!



**WOOLMAN HILL**  
Quaker Retreat Center

[www.woolmanhill.org](http://www.woolmanhill.org)  
[info@woolmanhill.org](mailto:info@woolmanhill.org)  
[www.Facebook.com/WoolmanHill](https://www.facebook.com/WoolmanHill)  
107 Keets Road  
Deerfield MA 01342  
413-774-3431

*Michelle Brimage* has been a long-time attender at Beacon Hill (MA) Monthly Meeting, and creates mandalas as a spiritual practice. She has facilitated art workshops for the NEYM Young Friends, and for the high school students at The Meeting School. *Sheila Garrett* is a member of

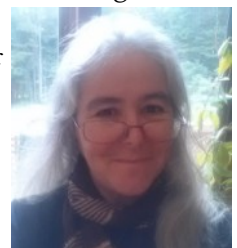
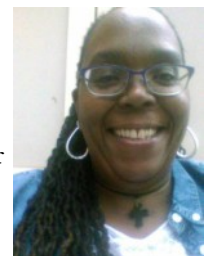


Putney (VT) Friends Meeting and has attended many silent New Years Retreats at Woolman Hill. A

life-long artist, she taught art and meditation at The Meeting School, and 'Drawing In the Spirit of Nature' at Avena

Botanicals. *Sadelle Wiltshire* is a member of Putney (VT) Friends Meeting, and is committed to

art as a spiritual practice. She is a fiber/textile/mixed media artist, a Certified Zentangle Teacher and has been actively teaching a wide variety of art workshops since 1996.



WOOLMAN HILL Quaker Retreat Center 107 Keets Road Deerfield MA 01342 + 413-774-3431  
 www.woolmanhill.org + info@woolmanhill.org

**COST & REGISTRATION**

The standard rate for this retreat is \$300, with a sliding scale of \$210-410. The fee includes program, lodging and food from Thursday dinner through Sunday lunch. Commuter rate is \$210. Please pay what you can, encourage your faith community to financially support your participation if that is appropriate, and 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 to a future workshop.

**ARRIVAL & DEPARTURE**

Plan to arrive after 4:30pm Thursday evening, in time for dinner at 6:30. The workshop will end by 2pm on Sunday. We are centrally located in western Massachusetts, close to both I-91 and Route 2. For those arriving by car, we will send directions after you register. Please let us know if you'd be interested in carpooling. The nearest Amtrak train station is in Greenfield (MA). Vermont Transit and Peter Pan bus lines also stop in Greenfield, and Megabus stops in Amherst. Please contact us in advance to arrange a ride from these stations.

**ROOM & BOARD**

Our 19<sup>th</sup>-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 ON-LINE for this program**, or for more details about our programs and facilities, please visit our website (www.woolmanhill.org) OR fill out the information below and send it to the address above with a \$50 deposit made payable to Woolman Hill. The balance is due at the beginning of the workshop.

CONNECTING WITH SPIRIT Year End Retreat, December 29, 2016—January 1, 2017		
NAME:		MONTHLY MEETING (if applicable):
E-MAIL:		PHONE: <span style="float: right;">Circle: home / work / mobile</span>
STREET ADDRESS: CITY, STATE, ZIP:		
Check if you wish: <input type="checkbox"/> NOT to share contact info with other participants. <input type="checkbox"/> NOT to be on our mailing list.		
ENCLOSED is \$_____. I plan to pay a TOTAL of \$_____ on the sliding scale. (\$300 standard, \$210 commuter, see above)		
<b>DIETARY NEEDS</b> <i>Please check any that apply:</i> <input type="checkbox"/> Vegetarian <input type="checkbox"/> Vegan <input type="checkbox"/> Gluten-free <input type="checkbox"/> No-dairy Other:	<b>HOUSING</b> <i>Please check any that apply:</i> <input type="checkbox"/> Commuting <input type="checkbox"/> Prefer main building <input type="checkbox"/> Prefer cabin <input type="checkbox"/> Light sleeper <input type="checkbox"/> Trouble with stairs <input type="checkbox"/> I snore <input type="checkbox"/> Need to be near bathroom Other:	<b>TRANSPORT</b> <i>Please check any that apply:</i> <input type="checkbox"/> Willing to offer ride(s) <input type="checkbox"/> Need ride <input type="checkbox"/> Willing to drive or ride <input type="checkbox"/> Willing to have my contact info shared <input type="checkbox"/> Would like public transport info Other: