

EXPLORING PRAYER AND MEDITATION

MARCELLE MARTIN

MAY 24-27 (FRIDAY-MONDAY), 2019



*Program cost of \$310
includes program, meals
and accommodation.*

*Sliding scale and
scholarships available.*

**WOOLMAN HILL
Quaker Retreat Center**

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

During this three-day weekend, we will experiment with numerous approaches to prayer and meditation, including thanksgiving, petition, intercession, healing prayer, Examen, Lectio Divina, mindfulness meditation, walking meditation, Centering Prayer, Grand Silence, extended meeting for worship, and prayer with scripture, images, music, and the body. Through these experiments, we will seek to know more fully the nature of our consciousness, our true self, and our connection to God. We will explore how communion with the Divine affects not only our inner and outer lives, but radiates beyond us into the world. There will be opportunities to share our experiences with partners and in small groups. No particular beliefs are required, only a willingness to earnestly try different kinds of prayer and meditation, notice what we experience, and listen respectfully to the experiences shared by others.

NOTE: This workshop is also a chance to experience a taste of the Nurturing Faithfulness nine-month course to be offered at Woolman Hill August 2019-May 2020. More info about the course can be found at woolmanhill.org/upcomingprograms/nurturingfaithfulness/.

Marcelle Martin, a member of Swarthmore Meeting, is the author of Our Life is Love: the Quaker Spiritual Journey. For over twenty years, she has been leading workshops for Friends. She was the resident Quaker Studies teacher at Pendle Hill for four years, and the core teacher for the Nurturing Worship, Faith & Faithfulness program at Woolman Hill. Visit her website at awholeheart.com.



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COST & REGISTRATION

The standard rate for this retreat is \$310, with a sliding scale of \$210-410. The fee includes program, lodging and food from Friday dinner through Monday lunch. Commuter rate is \$200. Please pay what fits in your personal budget, 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 Friday evening, in time for dinner at 6:30. The workshop will end by 2pm on Monday. 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 car-pooling. The nearest Amtrak train station is in Greenfield (MA). Vermont Transit and Peter Pan bus lines also stop in Greenfield. Please contact us in advance to see if we can 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. Our cabins have electricity, woodstoves and outhouses. 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 final 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 how cell phone or computer use may detract from their experience of being fully present, here and now.

TO REGISTER ON-LINE for this program, or for more details, 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.

Exploring Prayer & Meditation , Friday May 24—Monday May 27, 2019		
NAME:		MONTHLY MEETING (if applicable):
E-MAIL:	PHONE:	Circle: home / work / mobile
STREET ADDRESS: CITY, STATE, ZIP:		
Check if you wish: <input type="checkbox"/> NOT to share your 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. (See "Cost & Registration" above for fees.)		
DIETARY NEEDS Please check any that apply: <input type="checkbox"/> Vegetarian <input type="checkbox"/> Vegan <input type="checkbox"/> Gluten-free <input type="checkbox"/> No-dairy Other:	HOUSING Please check any that apply: <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:	TRANSPORT Please check any that apply: <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: