

DEC. 31, 2015 – JAN. 3, 2016 (THURSDAY TO SUNDAY)

*WITH ANNE ARMSTRONG &  
KAREN ARMSTRONG HURTON*

ANNUAL YEAR-END SILENT RETREAT  
COME 'ROUND RIGHT

LABYRINTHS, MANDALAS, AND OTHER  
MEDITATIVE PRACTICES TO HELP US UNTANGLE

This four-day silent retreat will include open worship, meditation walks (some using a labyrinth), various hand crafts including mandala drawing and coloring, Qi gong practice, and good books to read and reflect on... There will be a bonfire on New Year's Eve (weather permitting) and the option for one on one conversation with one of the facilitators. Activities are optional, with encouragement to use the time in ways that best suit your needs. In the comfort of community and the softness of silence, we will “come ‘round right” as a new year begins.

*Ann Armstrong and Karen Armstrong Hurton, a mother daughter team, are part of a hybrid Quaker family with three different branches represented.*



Program cost of \$295 includes program, housing and meals from Thursday dinner through Sunday lunch. Commuter rate is \$225. Scholarships are available.

WOOLMAN HILL QUAKER RETREAT CENTER  
413-774-3431 + 107 Keets Road Deerfield MA 01342  
www.woolmanhill.org + info@woolmanhill.org + www.Facebook.com/WoolmanHill

**WOOLMAN HILL Quaker Retreat Center**  
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#### COST & REGISTRATION

The standard rate for this retreat is \$295. The fee includes program, lodging and food from Thursday dinner through Sunday lunch. Commuter rate is \$225. Please ask if you need 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 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. Vermont Transit and Peter Pan bus lines stop in Greenfield. 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, book of poetry... 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. TO REGISTER ON-LINE or for more details about our programs and facilities, please visit our website ([www.woolmanhill.org](http://www.woolmanhill.org)).

WINTER SILENCE, December 31, 2015 - January 3, 2016	
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:	