

SUMMER SOLSTICE: CELEBRATING SABBATH TOGETHER, SHARING PRACTICES

Jennie Isbell, Newell Pledger-Shinn,
Stephen Cobb, Karen Modell, Nick Roosevelt
June 13-16, 2013 (Thursday through Sunday)



Join with others to celebrate the Summer Solstice with a time of Sabbath — time set away from daily life to intentionally engage in pursuit of the Holy — in a beautiful natural setting. The inviting community we form for this four-day retreat is intended to support each

person in the act of taking time away from daily life, to (re-) connect to Spirit and their own deep center. This retreat will focus on **spiritual practices** as we seek to take our exploration of "Sabbath" both wide and deep. By wide, we mean to explore the practices that get us into a Sabbath way of being, where we can be most open to encountering the Holy. By deep, we mean that we want to go there together, to that deep place where Holy encounter happens. A variety of voices will share practices that have been woven into the fabric of their spiritual lives. There will be plenty of opportunities to experiment with living into a variety of the practice(s) of Sabbath, including Centering Prayer, Yoga, Taizé Worship (a form of prayer and song), Lectio Divina (Holy Reading), expressive arts, and waiting worship in the manner of Friends.

*Jennie Isbell & Newell Pledger-Shinn are this year's Friends-in-Residence at Woolman Hill. They are coordinating this retreat and will be joined by several others sharing practices: **Stephen Cobb** with Taizé singing, **Karen Modell** with Centering Prayer, and **Nick Roosevelt** with yoga. The hope is to create a community of sharing and learning.*



Program cost of \$295 includes program, housing and meals, Thursday dinner through Sunday lunch. Scholarships are available - please ask!

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. 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 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 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.

CELEBRATING SABBATH, June 13-16, 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:	