

END OF THE YEAR SILENT RETREAT

WITH GENNA ULRICH AND TOM ANTONIK

DEC. 28, 2023 - JAN. 1, 2024 (THURSDAY-MONDAY)

WOOLMAN HILL Quaker Retreat Center

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

Sliding scale cost
includes program, meals
and accommodation.
Scholarships available.



Is this Silent Retreat for Me?

Extended silence in community can enable:

- spaciousness, a set-aside time for spiritual practices
- simplicity, with minimal daily responsibilities and distractions
- a detox from busyness and urgency
- deepening worship receptivity
- spiritual transformation
- the support of sharing in this practice alongside others

Consider this 4-night opportunity at a retreat center set upon a gorgeous hill in Western Massachusetts, with surrounding woods, a quiet Meetinghouse, and shared meals together. Do you feel a nudge and rightness in your body, a hunger in your soul? Do you feel drawn to this opportunity?

Silence is NOT the Point

We feel led to plan an almost entirely silent retreat, but oddly, silence is *not* the point. Since awakening to the Presence of God (Spirit, Inner Teacher, Light) is the point, we recognize we cannot know what plans or inspiration God might offer us during the long weekend.

You can expect:

- Thursday evening arrival, dinner and orientation.
- All meals provided, eaten together in silence.
- A common space for art, journaling, reading—alongside others.
- Common art supplies, devotional literature, reflection prompts.
- Woods to walk in.
- Sunday morning expectant waiting worship.
- A Bonfire – New Year’s Eve (Sunday evening).
- Monday morning gathering for closing, lunch and departure.
- Other invitations, as the Spirit moves.

Genna Ulrich, Facilitator - Portland (Maine) Friends Meeting. Genna (they/them) feels their task as facilitator means holding the spiritual container for our gathering. At its core, this means listening and praying in the weeks ahead and during the retreat for guidance from Spirit about how to lead the weekend. Genna has felt an increasing, sustained call to ministry, mainly to service within their monthly meeting community. They also work part-time as a welder, and they love creative pursuits and time in beautiful places.

Tom Antonik, Elder - Portland Friends Meeting. Tom (he/him) holds a long and deep appreciation for Woolman Hill and is grateful to have been a participant in many of its offerings and programs, including, as well as facilitating, past Year End Silence/Stillness retreats. Along with Quaker practices, he draws heavily on Buddhist practices and teachings.

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COST & REGISTRATION

The standard rate for this retreat is \$425, with a sliding scale of \$275-525. The fee includes program, lodging and food from Thursday dinner through Monday lunch. Commuter rate is \$275. 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 within 18 months.

ARRIVAL & DEPARTURE

Plan to arrive after 4:00pm Thursday afternoon, 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 prior to the event. Please let us know if you'd be interested in car-pooling. The nearest Amtrak train station is in Greenfield (MA), ten minutes' drive away. 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 lodging (typically double occupancy) with shared bathrooms. The meetinghouse and the first floor of the main building are wheelchair accessible. Our rustic cabins have electricity, woodstoves and outhouses. We serve nourishing, home-cooked meals and always offer vegetarian options. Please let us know if you have any dietary restrictions. 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, art supplies... 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.

End-of-the-Year Silent Retreat, Thursday Dec 28 – Monday Jan 1		
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: