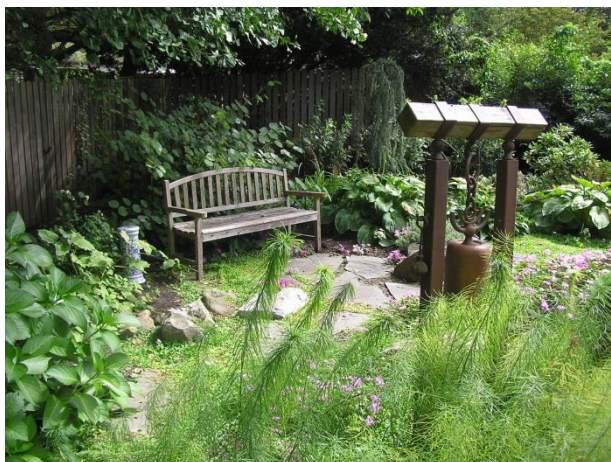


Deeping our Practice within Community



Silent Contemplative Retreat

6th – 10th August 2014

This retreat offers the opportunity to step back from our day to dayness, calm our bodies, let go of frenzied thoughts and change down a gear to 'being'... We'll do this by joining with others for the experience of immersion in contemplative prayer. Each day of the retreat will include several periods of contemplative sitting (which may begin/end with chanting), an integration session balanced with silence and solitude.

It will be important for participants to have had at least a year of some form of silent prayer practice, be that: Centering Prayer, Christian meditation, Insight meditation etc.

Hosted by: the Wellington Contemplative Network

Venue: Home of Compassion Retreat Centre, 2 Rhine Street, Island Bay, Wellington

Time: 11am on the 6th to 3.30pm on the 10th August

Cost: \$360

Enquiries/registration by 31st July: Pip Nicholls (04) 562 6364 or pip.nicholls@xtra.co.nz

This retreat will be limited to 15 people

Coming Home to Who We Are



1st – 3rd August 2014 at Kopua Monastery

This will be a weekend retreat away from home, exploring what it is to return Home!

We might all remember that wonderful feeling when we've been away from home for a time and we're coming around the corner of our street... our body seems to let out a sigh... Well, we're all 'coming around the corner' Home - that is if we choose to pay attention and notice it!

Over the weekend there will be opportunities for input, individual reflection, group discussion, walks, silence and attending the monastic rhythm – all in the attempt to come Home.

Facilitators: Joy Cowley and Pip Nicholls www.thegentleartofknowing.co.nz

Venue: Southern Star Abbey, Takapau

Time: 7pm Friday to 3pm Sunday

Cost: \$175 for food/accommodation and in addition a koha for facilitators

Enquiries/registration by 24th July to: Pip (04) 562 6364 or pip.nicholls@xtra.co.nz