

Ohio Valley Yearly Meeting Religious Nurture and Education Committee

Sustaining Spiritual Practices for Healing and Refreshment:

A One-Day Spring Retreat

9:30 - 5:00 Saturday, March 17, 2018

Quaker Hill Conference Center, Richmond, IN



The retreat will be an opportunity to reflect on our needs and resources for spiritual renewal. The day will include sessions of individual and corporate practice. You may participate silently or outwardly as you are led.



Tentative Schedule:

9:30 *Arrive and gather*

10:00 *Opening worship*

11:00 *Opening session*

12:00 *Lunch, provided*

12:45 *Self-directed opportunities for walking meditation, art, journaling, silence, napping . . .*

2:15 *Practice groups as you are led: Experiment with Light, Lectio Divina, or an embodied practice (to be announced)*

4:15 *Closing session and worship*

5:00 *Departure*

There is a fee of \$10 to cover facility and meals, and we ask that you RSVP by March 1 to Andrew Garrison at garrisaaf@gmail.com or (513) 523-1061. With advance notice, we will provide a children's activity so that parents can participate in the retreat.

Bring anything that you need for self-directed practice time: journal, art materials, walking shoes, yoga mat, a pillow for napping. Quaker Hill's excellent lunch is included, but you may bring extra food if you have special tastes or dietary needs.

Quaker Hill Conference Center (www.qhcc.org/) is at 10 Quaker Hill Dr, Richmond, IN. There is ample space for gathering indoors, and trails for outdoor walking to the nearby falls.

OVYM isn't offering overnight accommodation in Richmond, but Quaker Hill offers rooms at \$45/night for one, \$70/night for two. Contact them at their email address above.

Turn off your cell phone and invite your soul.