### Registration

Space is limited, so please consider registering early. We offer flexible fees based on your assessment of your means. (see over) You may also include a donation to support another's attendance. If the "minimum" cost is not within your means, please contact us.

We encourage you to register online at schoolofthespirit.org. To register by mail, complete the registration form (over) and follow the instructions.



Lake Michigan at the Siena Center

The School of the Spirit Ministry is a 501(c)3 nonprofit organization serving the Religious Society of Friends.

Don't miss any announcements regarding the Contemplative Retreats or our other programs – sign up for our listsery at schoolofthespirit.org

### **About School of the Spirit**

Our full name is A Ministry of Prayer and Learning devoted to the School of the Spirit. We are dedicated to helping all who wish to be more faithful listeners and responders to the inward work of Christ.

Within the Religious Society of Friends, the traditional meetings of ministers and elders were sometimes referred to as a "school of the Spirit." In gathered worship Friends learned to discern the movement of the Inward Teacher and test their discernment with one another. This practiced listening extended into every aspect of their lives.

The School of the Spirit gives body to our language and reminds us why we are distinctive.

If you want hope in the Religious Society of Friends, you will find it here.

- John Punshon

Our programs are made possible through the generous support of individuals and grantors. Visit schoolofthespirit.org for more information and to make a donation. Thank you!

### To contact us:

Web: schoolofthespirit.org

E-mail: info@schoolofthespirit.org

Phone: (717) 203-1642

Mail: c/o 360 Blossom Hill Dr., Lancaster, PA 17601



# CONTEMPLATION AND JOY



## A Contemplative Retreat in the Manner of Friends

to be held at the Siena Center, Racine, Wisconsin

April 11–14, 2019

Leaders: April Allison, Roger Hansen, & Sharon Frame

### **CONTEMPLATION AND JOY**

### A Contemplative Retreat in the Manner of Friends

There is a quiet, open

place in the depths of

the mind, to which we

can go many times a

day and lift up our soul

in praise, thankfulness

and conscious unity.

~ Kenneth Boulding

April 11–14, 2019, at the Siena Center, Racine, Wisconsin

In these days of fast-paced living, multitasking, and continual connectivity, we need times apart – times of "retirement" as early

Friends used to say. We need time for communion with God and the refreshment of the soul.

Come and simply be with God. Attend to the divine stirrings of the soul, opening to grace.

During this retreat, participants will experience the distinctly Quaker manner of knowing solitude in community. There will be individual silent time for prayer, reflection, rest, walks, and contemplative interaction with scripture and other spiritual resources.

Meals will be taken in silence, and an evening spent in "active silence," where we will gather comfortably to read, journal, do handwork or artwork, or engage in similar quiet activity.

Sinking down into the silence, we may want to give voice occasionally to what is encountered there. There will also be opportunities for

April Allison Roger Hansen Sharon Frame

speaking out of the silence in groups, as well as an invitation to meet one-on-one with a retreat leader. In our sharing, our

souls touch and we find ourselves gathered in blessed community.

We are now offering our sixth retreat in Wisconsin through the School of the Spirit. Roger (Milwaukee, Northern Yearly Meeting) has also helped to lead retreats in Ohio, New York, and Pennsylvania, and has formed spiritual nurture groups in several monthly meetings. April (Red Cedar, Lake Erie Yearly Meeting) is a SotS board member and a

spiritual director. Sharon (Red Cedar, LEYM) is a graduate of the School of the Spirit's "On Being a Spiritual Nurturer" program and has also served as director at Beacon Hill Friends House (Boston) and as resident friend at Friends Meeting at Cambridge.

The Siena Retreat Center on Lake Michigan at Racine, Wisconsin, has private bedrooms with their own bath facilities. There is elevator access to all floors and the Center is accessible to people with moderate physical limitations. For information: sienaretreatcenter.org.

#### **REGISTRATION FORM**

Name	
Address	
Email	
Phone	
Meeting/ Church	

#### FLEXIBLE FEES

	Full Cost*	Minimum
Single	\$425	\$240

<sup>\*</sup> This is the cost per person of the event to SotS.

- Is the Full Cost of this event within your means?
- If yes, can you pay a little more to support another?
- If the Full Cost is not within your means, what can you pay?
- Have you considered asking your meeting or church for financial assistance?
- If the Minimum is still too much, please contact us.

Enter the amount of your payment: \$	
□ check here if paying online	

### FOOD OPTIONS (check those that apply)

- □ I have no special requirements
- □ Vegetarian (w/eggs and milk products)
- □ Vegetarian/Vegan (no animal products)
- □ Gluten-free (no wheat)
- □ Other (specify):

Make out check to School of the Spirit Ministry; mail with this form to c/o 360 Blossom Hill Dr., Lancaster, PA 17601. We encourage online registration through *schoolofthespirit.org*.