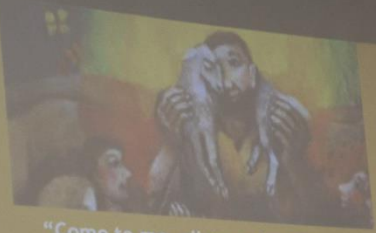



## Retreat continued 4 ....

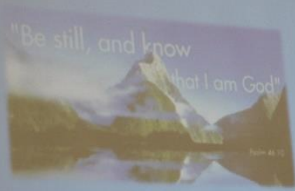
Starting our Thinking

- What is in my cup?
- Positive? Challenging?
- How do I feel about what is in my cup? [Balanced? Content? Frustrated? Overwhelmed?]

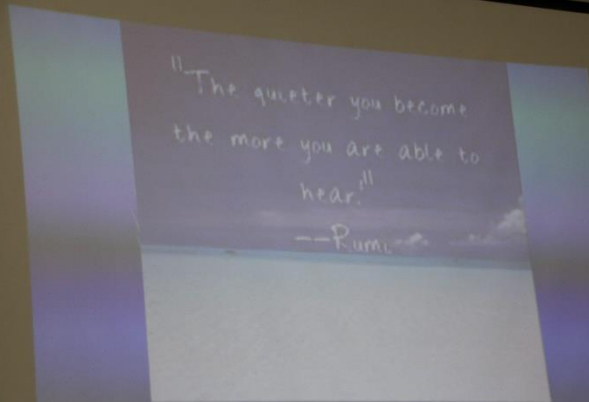


"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls." Matthew 11:28

Christian Dispensation





- Entering the Silence
- God in the Whisper [Elijah]
- Withdrawing to be with God
- Going to the desert [desert mother and fathers, monastic orders]
- Contemplative prayer practices [Jesus Prayer, Centering prayer]



"The quieter you become the more you are able to hear."  
--Rumi

"Each day is a secret story woven around the radiant heart of wonder.  
We let our days fall away like empty shells and miss all the treasures."



"Living in mindfulness means paying regular, calm attention to the Present moment." [Andrie]

A few of the beautiful screen images  
That Sandy shared with the members.