

Finding Stillness & Serenity in a Stormy World

1-Day Retreat and Workshop



Saturday, November 11, 2017 9am-2pm

**Campbell United Methodist Church,
1675 Winchester Blvd, Wesley Lounge**

The hustle and panic of modern life can leave us feeling lost, frayed and fragile. Contemplative practices offer a compassionate antidote to our stress—and they're accessible to everyone! There's no need to be a calm and centered saint to get started. You're warmly invited to join us on Saturday, November 11 from 9am-2pm as we explore three different techniques that will help develop our own contemplative habit and compliment our current prayer practice. The day will include introductions to Intentional Gratitude, the Ignatian Prayer of Examen and sitting in silence along with hands-on creative projects and small group discussion. Simple and healthy snacks and warm drinks will be provided. There is a peaceful indwelling within all of us—learning tools of mindfulness will help us feel that peace even if our thoughts and world are noisy!

Retreat Facilitator: Jennifer Willhoite

Jennifer is a member of Campbell United Methodist Church and is currently studying at Mercy Center in Burlingame, CA to become a licensed spiritual director. She has studied at the Pacific School of Religion in Berkeley and learned meditation and Christian contemplative prayer at Ignatius House, a Jesuit retreat center in Atlanta. She enjoys artwork of all kinds and using creativity as a way to address spiritual questions. And she's a baseball fan.