

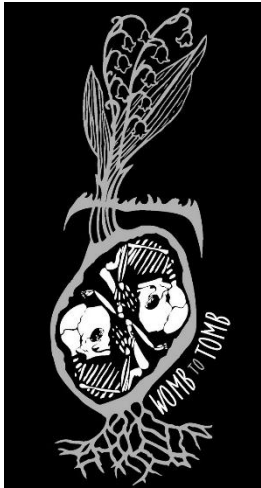
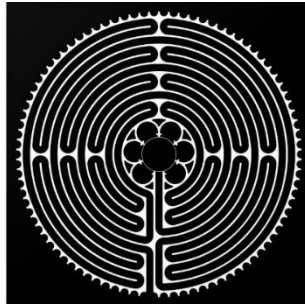
WISDOM SABBATH DAYS

three Saturday retreats

for more information contact Nina Lanctot or Carmen Horst
(nina.b.lanctot@gmail.com and cshorst@gmail.com)

Saturday 22 February OPENING TO WISDOM

Approaching Lent
from 6 am to 6 pm
(6 to 9 am optional)
at Pathways Retreat



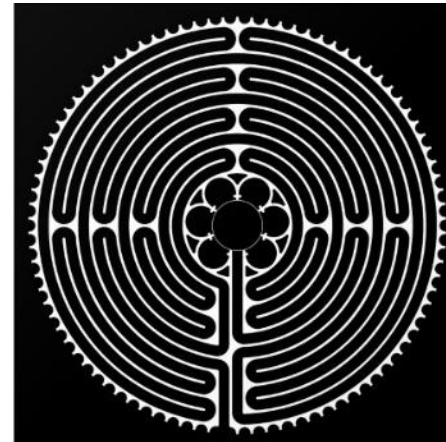
Saturday 11 April
WISDOM, DYING AND LIVING
Apprehending Easter
an intergenerational retreat
from 6 am to 6 pm
(6 to 9 am optional)
the Lanctot Home, Bristol, IN

Saturday 30 May
WISDOM'S RADIANT
HEART
Anticipating Pentecost
from 6 am to 6 pm
(6 to 9 am optional)
at Pathways Retreat



OPENING TO WISDOM

Saturday 22 February at Pathways Retreat, Goshen, IN



This pre-Lenten retreat will follow the pattern of a WISDOM SCHOOL, with rhythms of moving, chanting, silence, teaching, conscious work, reflection alone and with others, and eating. Wisdom Schools seek living presence: "a new way of BEING in service of Love."

The teaching focus, OPENING TO WISDOM, will explore "the language of silence" and Ora et Labora (Prayer and Work). We will also practice CONSCIOUS WORK* – work done together in silence while practicing being mindful, "all there." The day will include time to walk and pray the two labyrinths at Pathways Retreat for those who wish to do so. These WISDOM SABBATH DAYS are suited to those comfortable with long silences and deep listening.

Nina Lanctot and Carmen Horst will provide leadership. Both have studied under Cynthia Bourgeault in the Wisdom School tradition and both are experienced spiritual directors.

Suggested donation is \$50 per person/day plus a vegetable and a piece of fruit for potluck lunch.

If you register for three spring WISDOM SABBATH DAYS (02/22, 04/11 and 05/20) the cost is **\$125 for all three.**

- **Registration is limited to 12-14 people.**
- **Register via email to nina.b.lanctot@gmail.com**
- **Questions?** Feel free to call Nina at 574-361-9536

Here's what Cynthia Bourgeault has to say about **Wisdom School**:
<https://wisdomwayofknowing.org/wisdom-schools/>

Wisdom Schools are a format for integral learning that's based in some of the deepest kinds of roots for transformation and change in the Christian tradition...

It's been a classic way that human beings have handed on Wisdom since time immemorial.

Wisdom Schools reveal that human beings, as we are, not only can transform, not only can grow, but can also have a different kind of consciousness that results in a different kind of presence in the world.

Wisdom schools are about awakening the yearning for that presence and then developing the skills and the knowledge base to apply that, to transform your own life and the life of people around you.

SCHEDULE 6 am to 6 pm OR **9 am to 6 pm**

OPTIONAL – 6-9 am “great silence”

(you may want to begin your “great silence” at 9 pm the prior evening.)

6 am	welcome walking, body awakening
6:30	breathing, chanting, and centering prayer
7:00	“conscious work” preparing for the day (set up, making breakfast)
8:00	breakfast in silence; clean up and alone time

9:00 welcome and orientation to the day

body prayer, chanting, centering prayer

9:45 teaching: Opening to Living Presence

10:30 conscious work:

preparing lunch; outdoor work

11:30 reflection in small groups –

“This is what I noticed...or wonder...”

12:30 lunch with mindful conversation;

clean up

alone time – labyrinth option

2:30 body prayer, chanting, centering prayer

3:00 teaching: Opening the Heart of Life

3:30 conscious work:

clean up

alone time – labyrinth option

5:00 reflections on the day and approaching Lent

What opening practice will you take with you?

anointing

6:00 farewell