

COMING TO PEACE:

Mind, Body, & Spirit

with **Br. Michael Gallagher, OSB**

Saturday, February 22, 2020

8:15am-8:45am: Registration/Continental Breakfast

8:45am-4:00pm: Program (including lunch)

4:00-5:00pm – Fellowship

Saint Barnabas Episcopal Church

6715 North Mockingbird Lane

Scottsdale, AZ 85253

\$45.00 Registration

includes lunch



“Come to peace and a thousand around you will be saved.”

– Saint Seraphim, 18th century Russian starets

The Community of Hope lay pastoral care ministry at Saint Barnabas invites you to a day of retreat, reflection, learning, and fellowship. In joy we will come together, seeking peace within ourselves – mind, body, and spirit – so we may offer our best, whole selves in service to God and one another.

8:15am-8:45am Registration & Continental Breakfast

8:45am-9:20am Words of Welcome & Morning Prayer

9:20am-10:20am Benedictine Balance: A Path to Peace – Br. Michael Gallagher, OSB

10:20am-10:30am.....Transition to Workshop I locations

10:30am-11:20am Workshop I – Coming to Peace: Mind

(A) Quieting the Mind: Giving God the Space to be God in Us; or

(B) Mindful Connection: Exploring the Links between Meditation & Relationships; or

(C) The Rule of Benedict

11:20am-11:30am.....Transition to Worship Service location

11:30am-12:20pm Taizé Worship Service

12:20pm-12:30pm.....Transition to Lunch location

12:30pm-1:20pm Lunch

1:20pm-1:30pm.....Transition to Workshop II locations

1:30pm-2:20pm Workshop II – Coming to Peace: Body

(A) Basics of Mindful Yoga; or

(B) Meditative Breathing & Seated Movement; or

(C) Sacred Walking: The Labyrinth

2:20pm-2:30pm.....Transition to Workshop III locations

2:30pm-3:20pm Workshop III – Coming to Peace: Spirit

(A) Artful Meditation: Seeing with the Eye of Your Heart; or

(B) Chant: The Psalms Are for Singing; or

(C) Writing Stew for the Soul: From Journaling to Limericks & Back Again

3:20pm-3:30pm.....Transition to Closing location

3:30pm-4pm Mid-Afternoon Prayer & Closing: Going in Peace

*4:00pm-5:00pm.....Please join us in Hutton Hall following the program for light refreshments and fellowship.
(Optional)*

