

# God Will Enter Into Your Night

Advent Silent Retreat

2019

Holy Cross Monastery  
NY

YOGA AND  
MEDITATION

Nov 29 - Dec 1, 2019

Led by Carolyn Bluemle

limited to 13 participants

Fee: \$305 includes private room,

meals, & program

Deposit: \$100

[www.holycrossmonastery.com](http://www.holycrossmonastery.com)

tel. 845.384.6660

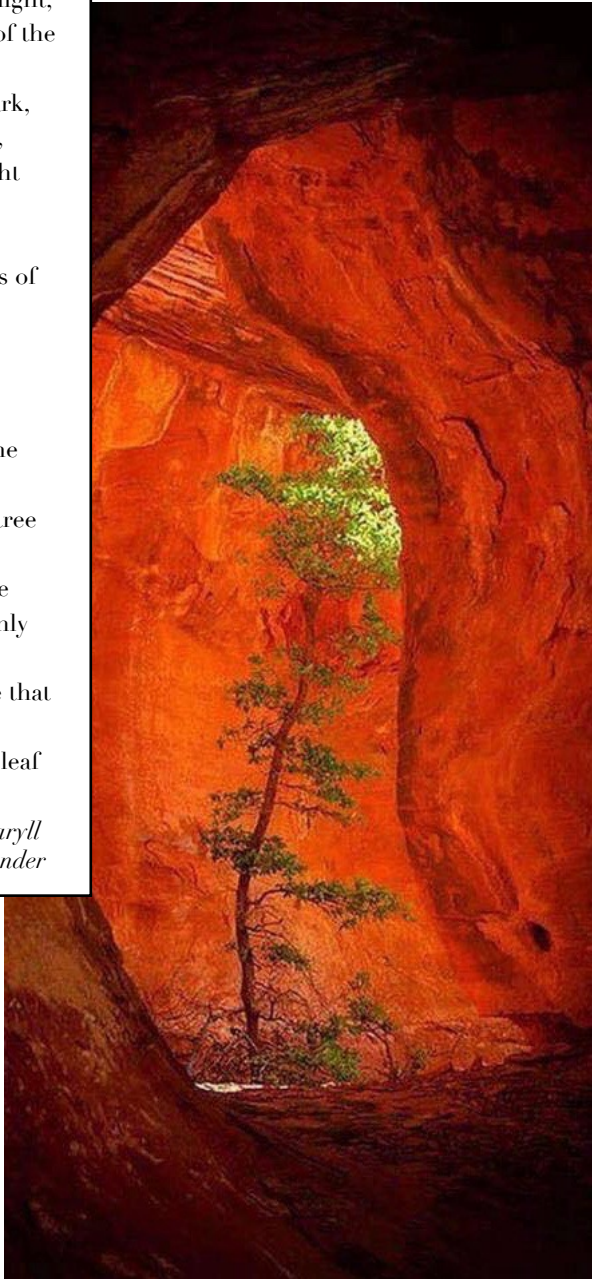
Details on other side

Come, take refuge. Enter the healing power of monastic rhythm each day integrating body and spirit. Align body and breath through yoga in prayer; sit in guided and silent meditation; chant psalms with the monks; and sing Taizé chants in the beautiful chapel..

God will enter  
into your night,  
as the ray of the  
sun enters  
into the dark,  
hard earth,  
driving right  
down

to the roots of  
the tree,  
and there,  
unseen,  
unknown,  
unfelt in the  
darkness  
filling the tree  
with life,  
a sap of fire  
will suddenly  
break out,  
high above that  
darkness,  
into living leaf  
and flame.

*Caryll  
Houselander*



We will move into our darkness and through yoga, body prayer, and meditation slow down to be with our expectations of God. Do we need God's arrival to be soft, as a vulnerable baby human? Do we ask God to break open the heavens? Are we looking to find God in the wind or earthquake or fire, or in the silence? What do we ache for and what calls us to wait? What is it that grows in the womb of Mary and in our hearts?

# *God Will Enter Into Your Night*

## Advent Silent Retreat 2019

Friday Supper Nov 29    Sunday Feast Dec 1

### Holy Cross Monastery

nestled on twenty six magnificent acres on the banks of the Hudson River in the Catskills, is home to an open-hearted Episcopal Benedictine community. A beautiful place to enter a time of prayer, reflection, renewal and recreation. You are invited to join the monks in their services or to have private time.

The delicious food is prepared by a graduate the Culinary Institute of America.

[www.holycrossmonastery.com](http://www.holycrossmonastery.com)

tel. 845.384.6660

Description on other side

### Carolyn Bluemle

has taught yoga since 1989 and is Iyengar certified. She has led numerous retreats at Holy Cross and workshops in the Sacred Circles program at the Washington National Cathedral. She holds a Masters in ancient Greek philosophy from UC Berkeley and has enjoyed many years as a dancer. Through the healing practices of yoga, meditation, and Taizé chant she has renewed her Christian faith. Her teaching, precise and enthusiastic, with humor and compassion, reflects her deep experience of yoga as prayer.

PLEASE BRING a symbol of your intention for the retreat to place on a prayer table in the practice room. Yoga props will be provided. You are welcome to bring your own sticky mat and meditation cushion if you wish.

Previous yoga experience is recommended but not required. All poses and sequences can be modified for any body. If you have some familiarity with some of the postures then entering into prayer is easier.

