

# VALLEY OF DRY BONES

## SILENT DAY OF PRAYER - LENTEN HEALING RETREAT



Saturday March 16, 2013

9 am - 3:30 PM

\$60 includes lunch/ sliding scale available

Limited to 15 participants

St Stephen and the Incarnation Church

In the Nave and Sanctuary

1525 Newton St NW Washington DC

Corner of 16th St and Newton St NW

What healing can happen if we let ourselves feel the ways we are disconnected from ourselves, from each other, and from God? What parts of ourselves and others feel like scattered dry bones in disarray? From this place of quiet recognition, we can call out for the breath of God to give us inner connection, life, community, and bring us home.

**YOGA** is a spiritual practice of body, breath, and awareness. It is designed to help us integrate muscles, bones, and sinews, to help us integrate mind, body, and spirit, that we may come closer to God.

We will practice postures with a view to finding deeper integration on all levels.

All poses can be modified to accommodate any body.

Previous experience recommended, not required.

Led by **Carolyn Bluemle**

### MINDFUL EATING

in silence, around the font. We will share a delicious nourishing vegetarian meal prepared by Chef **Rachel Merga**

## YOGA MEDITATION LECTIO DIVINA DRUMMING MINDFUL EATING EUCCHARIST

**LECTIO DIVINA**, reading a gospel passage together hearing a word. Reading again, thinking about it together. Reading again, letting prayers arise. Once more into silence.

**EUCCHARIST** sharing the gifts of God for the people of God... ALL are welcome at the table

**MEDITATION** is a practice to bring deeper receptivity to the mind, creating space that we may hear God's whisper. It can allow us to rest in God and allow God to rest in us.

**DRUMMING** together: drumming and listening, listening and drumming, in community,

deep connection and deep joy.

Led by **Jeff Wolf**

To Register send check for \$60 (sliding scale available) to Carolyn Bluemle

610 Kennebec B-3  
Takoma Park, MD 20912  
301 588-2925

Please bring your own bowl, plate, cup and utensils

Payment prior to the retreat is greatly appreciated, for quiet entry into sacred space.

If you must pay on the day of the retreat, please have cash or check in hand when you arrive thank you

Name \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_ amount enclosed \_\_\_\_\_

