

# PILGRIMAGE - AN ART FOR SPIRITUAL LIVING

Saturday, February 22, 2014  
St. Clement's by-the-Sea Episcopal Church

*The Rt. Rev. Diane Jardine Bruce and the women of St. Clement's by-the-Sea Episcopal Church cordially invite all women from Deaneries 9 and 10 and other friends in the Episcopal Diocese of Los Angeles to the Deaneries' fourth annual winter retreat.*

**When:**

Saturday, February 22, 2014

**Where:**

St. Clement's by-the-Sea Episcopal Church  
202 Avenida Aragon  
San Clemente, CA 92672

**Registration Fee:**

\$20.00 (includes breakfast and lunch)

**Schedule:**

8:30 - 9:15	Registration and light breakfast
9:30 - 10:00	Welcome and Opening Remarks - Bishop Bruce
10:00 - 11:00	Keynote Speech - The Rev. Dr. Sheryl A. Kujawa-Holbrook
11:00 - 11:30	Break to include shopping (books and other items from the Cathedral bookstore will be available for purchase)
11:30 - 12:30	Workshops
12:45 - 1:30	Lunch
1:45	Worship Service



We are honored to have as Keynote Speaker, the **Rev. Dr. Sheryl A. Kujawa-Holbrook**, a popular speaker and retreat leader on the topic of spiritual formation. She is Vice President for Academic Affairs and Dean of Faculty at Claremont School of Theology, as well as being an Episcopal priest, historian of religion, practical theologian, educator and author of several books, the latest of which is *Pilgrimage, the Sacred Art, Journey to the Center of the Heart*.

There will be four workshops offered as follow:

**1. Journal Keeping, a Record of your Pilgrimage, led by Bishop Bruce.**

Ever wonder how to capture moments, insights or feelings on a pilgrimage?

Bishop Bruce will share tips and tricks for keeping them alive for you always, whatever pilgrimage you may take. Both paper and digital medium will be used. Please bring a journal or paper and pens and/or laptop or tablet.

**2. Photography as Pilgrimage led by Janet Kawamoto, editor of The Episcopal News.**

To participate in this workshop, please dress for the weather and wear comfortable walking shoes as well as bringing a camera - any kind, from iPhones to "point and shoot" to digital SLRs. Bring a few favorite quotes from any source or choose from some to be provided. You will wander the church grounds to photograph images with which to illustrate those quotes and learn how combining the words and pictures can focus your thoughts and expand your mind as you take a mini pilgrimage in your own heart.

**3. Praying the Anglican Rosary led by The Rev. Shireen Baker, Associate Rector, St. Clement's by-the-Sea.**

Praying with beads can be traced back to many different traditions and religions and is a great way to focus your prayers and assist in meditation. Learn about the history of prayer beads and how to institute the beautiful and longstanding practice of their use into your own prayer life. We will be using the Anglican Rosary and the different prayers which can be said with this particular bead configuration. Bring your own Rosary or purchase one at the workshop for \$5.00.

**4. Labyrinths and Mandalas as Pilgrimage led by Lanneau Miller, parishioner at St. Clement's by-the-Sea and "armchair" pilgrim.**

Learn how both labyrinths and mandalas can substitute for travel to far off holy sites, representing a journey from the "outer world" to the "sacred center" and explore the illuminations of Hildegard Von Bingen as well as other images of esoteric Christianity that can be used as mandalas. All materials for making your own mandalas will be furnished.

Due to limited space for some of the workshops we ask that you indicate a first, second and third preference on the registration form. Early registrants will have the best chance of being assigned the workshop of their choice.

For questions or other information, please contact Lanneau Miller at [lanneau@cox.net](mailto:lanneau@cox.net), Ph. (949) 498-2618 or Katrina Soto at [ksoto7@cox.net](mailto:ksoto7@cox.net), Ph. (949) 661-2662.

**Thanks to your participation this will be a wonderful day and we're looking forward to being with you all!**

# REGISTRATION FORM FOR PILGRIMAGE - AN ART FOR SPIRITUAL LIVING

**Due by February 15, 2014**

**Name** \_\_\_\_\_

**Mailing Address** \_\_\_\_\_

**Phone** \_\_\_\_\_ **Email** \_\_\_\_\_

**Parish Church** \_\_\_\_\_

**WORKSHOP CHOICE** - indicate preference by number (#1 is top preference)

Journal Keeping \_\_\_\_\_

Anglican Rosary \_\_\_\_\_

Photography as Pilgrimage \_\_\_\_\_

Labyrinths and Mandalas \_\_\_\_\_

Mail this form and your check for \$20 payable to "St. Clement's Episcopal Church"

to:

**Patricia Corless**  
**217 W. Avenida San Antonio**  
**San Clemente, CA 92672**