

Being with Change:

Discovering Wisdom in Times of Transition

Hallelujah Farm • Chesterfield, NH



September 26 – 29, 2019

Join us during this poignant time of year, as summer yields to autumn and the call inward begins again. Exploring the delicate, creative interplay of inner and outer, activity and stillness, and silence and speaking, we will listen more deeply to, and move with, what is brought forth during times of transition.

This 3-night retreat is an opportunity to begin to cultivate greater awareness within the midst of change, that challenging but inescapable part of our path without which transformation cannot occur. Held within a Wisdom community of support, we will participate together in practices that relate to our theme:

Lectio Divina or “sacred reading” – an ancient monastic practice of listening to the Spirit speak to our hearts through Scripture. **Sacred Chant** – no prior singing experience necessary! **Body-awareness Practice** and gentle, natural movement. **Conscious Practical Work** – a practice of presence and attention.

People of all spiritual traditions (or none) are welcome. Prior experience with silent prayer or meditation is helpful.

Retreat Guides:

Kerstin Lipke & Laura Ruth together form Incarnating Wisdom. They have been facilitating experiential Wisdom retreats and practice circles for the past several years. Committed to Wisdom that is alive, embodied and responsive, Laura and Kerstin are actively listening for how to serve from the heart through practice in our individual lives and in community, and in the dynamic relationship with daily life and the world.

Retreat begins: *Thursday, September 26th at 5:30pm with a light supper.*

Retreat ends: *Sunday, September 29th at 1pm after brunch.*

Cost: *All are welcome at Hallelujah Farm and we are grateful for your support in the amount you feel you can afford. As a guideline, a suggested contribution for a shared room is \$350 (includes a \$75 deposit). Single rooms may be available upon request for a suggested contribution of \$425 (includes \$75 deposit).*

Venue: *Guests receive the hospitality of Sandy & Roger Daly at beautiful Hallelujah Farm. Most accommodations are in shared double rooms.*

Information & Registration: *Contact Kerstin Lipke at kerstinlipke@gmail.com.*

In order to hold your place, the following deposit is requested:

\$75 due by September 12th.

**This retreat is generously supported by The Friends of
Incarnating Wisdom**

Image: Hildegard von Bingen, *Werk Gottes*