

CONVOCAION: A Church & Ministry Invites YOU!

Quiet Your Mind, Open Your Heart A Meditation Retreat

NOV 15-17, 2019

Sahale Learning Center



[This picture was taken by Al Brown, a recent guest.]

**This retreat will help you build or renew your
own personal mindfulness practice.**

Being fully present to life... opening to and allowing what is, without judgment... This is mindfulness. And the central practice for achieving mindfulness is meditation.

WHAT. Unique to this retreat is the long-established sponsoring interfaith community which is dedicated to enhancing personal development and spiritual awareness through the mindful practice of relationship. You will be supported and encouraged by the community's open and inviting ambience.

During this retreat, which is thoughtfully designed for experienced seekers as well as for novices, you will be encouraged to try a variety of forms of meditation:

- 🌸 Periods of silence when you can become centered in yourself
- 🌸 Experiences of heart-opening connections with others
- 🌸 Conversations where you can share your experience, ask questions, and learn from others
- 🌸 Skillfully led guided meditations, sensory experiences, chakra toning, and movement, with time in the natural world.

WHO. Your central leader is Colette Hoff, M.Ed., a pastor of Convocation: A Church and Ministry. Colette is well respected for teaching with her life and for her practical strategies for mindful living. For 40 years she has been teaching and leading successful workshops, human relations laboratories, community cultural programs, and spiritual exploration experiences. Her leadership is supported by the team of Hollis Ryan, Elizabeth Jarrett-Jefferson, Joan Valles, Barbara Brucker, and Rosemary Buchmeier. Contact Colette Hoff (hoff@goodenough.org) or call 206-755-8404 with questions.

WHEN. The retreat will begin with dinner Friday, November 15, at 6:00 p.m. and will conclude at 3:00 p.m. on Sunday.

COST. Your registration fee of \$220 includes the weekend experience, the priceless natural beauty of the Sahale Learning Center, AND

2 nights lodging Abundant meals All learning materials

Register Today Space is Limited!

Please register online. www.goodenough.org. Select the Convocation link.
The registration button is at the top of the Convocation page.