



Taking Pause

Facilitated by Claudia Greco and Jerrienne Bland

August 20, 2009, 9:30 a.m. – August 22, 2009, 1:00 p.m.

Registration deadline August 13, 2009

There is an understanding in Chinese script that the word for “busy” is the same as the word for “heart-killing”. Taking pause in the midst of our busyness is a chance to come home to our hearts and to the presence of God. This retreat will offer practical suggestions; through breath practices, reflection and prayer, to reconnect with ourselves and God throughout the day.

Fee: Single room, including meals \$215
Double room, including meals \$320 (\$160/person)
50% refund for cancellation after August 14, 2009.

Return this completed form along with a check, payable to Benedictine Women of Madison to:
Taking Pause
Benedictine Women of Madison
P.O. Box 5070
Madison, Wisconsin 53705-0070

For more details, contact Jerrienne Bland at (608) 836-1631, x. 158 or jbland@benedictinewomen.org.

If you are interested in extending your stay at Holy Wisdom Monastery, please call (608) 836-1631, ext. 101 or email monastery@benedictinewomen.org to inquire about accommodations.

We do not sell or share our mailing list.

Taking Pause
Please complete and return this registration form along with payment by August 13, 2009.
Name _____
Street Address _____
City _____ State _____ Zip _____
Day phone (_____) _____ Evening phone (_____) _____
Email _____
Single, \$215 Double, \$320 Amount enclosed \$ _____
Dietary restrictions _____
How did you hear about this retreat? _____
Faith background (optional): _____
What are you seeking from this retreat? _____