

## A CHFM Silent Retreat - **"Seeking Solitude in the Circle of Community, 2018"**

On April 27-28, 2017, Chapel Hill Friends Meeting under the care of the Ministry and Worship Committee will be sponsoring a Silent Retreat entitled **"Seeking Solitude in the Circle of Community."**

This is a short retreat – beginning on Friday evening at 7-9 pm, and lasting through Saturday 9:00 – 4:30 pm. Its purpose is to provide an opportunity to begin or sample the experience of grounding yourself in silence to hear your inner voice within a community of retreatants.

Our intention is to provide a "time apart" for members of the community to partake in rest and refreshment that opens a sense of spaciousness. There is no one theme, as the retreat is for you and only you know what you bring and what you seek.

Readings that may be helpful in opening you to the silent space include (but are not limited to): Frances Irene Taber's *"Come aside and rest awhile"* (Pendle Hill Pamphlet #335) and *"Answering the call to heal the world"* by Patience A. Schenck (Pendle Hill Pamphlet #383). We can provide you with scanned copies of these pamphlets if you'll contact: [janhutton1@gmail.com](mailto:janhutton1@gmail.com)

A tentative schedule, below, is provided to give you some sense of how the retreat will be structured. We only have space for 25 retreatants so please register for the retreat no later April 23, 2017 by sending an email to Jan Hutton [janhutton1@gmail.com](mailto:janhutton1@gmail.com)

Tentative Agenda  
**Seeking Solitude in the Circle of Community**  
April 27-28, 2017  
Chapel Hill Friends Meeting and School House Building

### Friday, April 27

- |              |   |
|--------------|---|
| 6:30-7:00 pm | Sign-in, meet and greet                               |
| 7:00-8:00 pm | Introductions, purpose, housekeeping and ground rules |
| 8:00-9:00 pm | Silence begins - Silent Worship                       |
| 9:00pm       | Leave in silence                                      |

### Saturday, April 28

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|----------------|---|
| 8:30-9:00 am   | Assemble in silence, coffee/tea, light snacks |
| 9:00-10:00 am  | Silent Worship                                |
| 10:00-11:00 am | Individual time (not in a group) in silence   |

11:00-11:45 am	Group contemplative walk (outdoors as weather allows)
11:45-1:00 pm	Lunch in silence together. Food provided by Med Deli (veggie and gluten free options)
1:00-2:30 pm	Group active silence (individually in the group read, do artwork, knitting, yoga, etc.)
2:30-3:30 pm	Individual silent time
3:30-4:15 pm	Worship sharing
4:15-4:30 pm	Farewells