

Loving Our Woundedness

an invitation for a new year



In the starkness and stillness of winter our lives seem to grow a little quieter, perhaps more inward. As one year gives way to another, this silent retreat on the beautiful grounds of Loretto from January 4-6 will be dedicated to deepening a loving awareness of some of the wounds, suffering, and baggage we have carried with us for some time. Through teaching, sitting, guided and walking meditation retreatants will be invited to practice new and loving ways of being with ourselves and world. Retreat leaders are Glenda Hodges-Cook and Phil Lloyd-Sidle.

Details:

When? 7:00 pm Friday evening January 4 to 12:00 noon Sunday afternoon January 6, 2019
Where? Sisters of Loretto in Nerinx, KY (an hour and twenty minutes from Louisville)
Cost? \$150 and dana (includes meals)

Registration

Space is limited to 20 people. Spaces will be filled on a first come basis.

Deadline is December 15.

Bedrooms are a mix of single rooms and shared rooms (2 twin beds per room).

To register please go to the Louisville Vipassana website:

<http://www.louisville-vipassana-community.org/>

Scholarships are available.