

# Your Hidden Wholeness: Discovering Your Heart Song

Spirituality Retreat for people and friends  
of Peace Lutheran Church, Lauderdale

Friday, May 7 – Saturday, May 8, 2010

From Parker Palmer's A Hidden Wholeness. "This is the first, wildest, and wisest thing I know," says Mary Oliver, "that the soul exists, and that it is built entirely out of attentiveness." But we live in a culture that discourages us from paying attention to the soul or true self – and when we fail to pay attention, we end up living soulless lives." . . . "We arrive in this world undivided, integral, whole. But sooner or later, we erect a wall between our inner and outer lives, trying to protect what is within us or to deceive the people around us. Only when the pain of our dividedness becomes more than we can bear do most of us embark on an inner journey toward living "divided no more."

You will discover how to

- welcome God's abundance through loving who you already are and co-creating with God
- be more attentive to your soul and recognize your Holy wisdom voice
- use the practice of mindfulness in your daily life



"Your self-knowledge will be a step to the knowledge of God; God will become visible to you according as God's image is being restored within you." Bernard of Clairvaux, "Sermon on the Song of Songs"

## The Details:

Laure Schwartz, Spiritual Director, will be leading the retreat. She is a member of Peace and providing leadership during Pastor Dave's sabbatical made possible through the Lilly Grant. The theme of the Grant is "Let Your Heart Sing."

The Lilly Grant we received will pay for the cost of the retreat including the lodging, meals, and programming. This is a gift of approximately \$100 per person. You come as a guest for free.

Location is the Heartwood Conference Center.

### From the Twin Cities and central Minnesota:

- Take I-35 to Highway 48 at Hinckley and go east.
- When you enter WI, Highway 48 changes into Highway 77. Stay on Highway 77 through Danbury where it joins together with WI Highway 35 for about two miles. Make sure you stay on Highway 77 when it turns to the right off of Highway 35. You will continue on Highway 77 for another 17 miles and come to Hoinville Rd.
- Turn right on Hoinville Rd and go about 2 miles until you arrive at the Heartwood Conference Center & Retreat.



We will begin with an opening session at 7:00 pm on Friday evening, May 7<sup>th</sup>. Supper will be organized by Peace friends wanting to come by 6:00 pm Friday evening. Saturday will begin with breakfast provided by the retreat center. Retreat experiences will include large group and small group time as well as your own private reflection time. There will be plenty of opportunity for relaxing, hiking, exploring, and just being. Lunch will be provided by the retreat center and our day will close with worship at 3:00 pm. You will pack up and be on the road home by 4:00 pm.

In order to plan effectively, please commit to participating by signing up at church or e-mailing Laure Schwartz, Spiritual Director at [laure.a.schwartz@comcast.net](mailto:laure.a.schwartz@comcast.net). We must know the number of participants by April 1<sup>st</sup>.