

First Mondays

Supported Retreats • January - June 2010

8:30 am to
5:30 pm

Take a day for yourself for rest and renewal, away from the distractions of your busy life. On the first Monday of each month, we offer supported personal retreats with a room of your own, for solitude and rest, lunch, our beautiful grounds, optional private spiritual direction, art supplies, and nothing you *have* to do.

Monthly Themes

- Jan 4** Befriending Our Fear: What Would I Do If I Were Not Afraid?
- Feb 1** Emerging From the Dark
- Mar 1** Finding Joy in Small Things
- Apr 5** Grieving Our Losses and Living Into New Beginning
- May 3** Embracing our Need for Silence - Within & Without
- June 7** Listening Within and Learning to Trust Our Inner Nudges

Appointments for spiritual direction will be available when you register. \$45 for the day. You may also wish to stay overnight Sunday and/or Monday for a reduced room rate of \$50. Space is limited. Please call early!

For reservations:
phone: 360-341-1884
email: info@whidbeyinstitute.org
website: www.whidbeyinstitute.org



Facilitators

Annette Andrews-Lux (Feb 1) received her theological education and spiritual direction training at Seattle University. She has worked in pastoral ministry, spiritual formation and adult education in a variety of Catholic, Protestant, and multi-faith settings over the last twenty years.

Corrine Bayley (May 3) is a spiritual guide trained at the Center for Spiritual Development in Orange, CA and the Mercy Center in Burlingame, CA where she went on to mentor, train, and supervise spiritual guides.

Cathy Whitmire (Jan 4, April 5, June 7) is a Quaker spiritual guide, an interfaith chaplain, pastoral counselor and author of *Plain Living and Practicing Peace*.

Rabbi Zari Weiss (Mar 1) serves as a rabbi, teacher and a spiritual companion. As a spiritual companion, she guides people in their efforts to explore and deepen their relationship with G-d, their prayer life and their spiritual practice.

Elizabeth Gus holds a MA in Pastoral Ministry from St. Mary's University and has been a spiritual director for more than a decade. Her work for the last fifteen years has been focused on the larger context of workplace spirituality—supporting people to help bring “more of who they are to what they do.”