

First Mondays

Supported Personal Retreats at the Whidbey Institute

February–June 2009

8:30 AM–5:00 PM



Monthly Themes, February–June 2009

Monday, Feb 2	<i>The Newness of Spring</i>
Monday, Mar. 2	<i>Planting Seeds of Change</i>
Monday, April 6	<i>The Gift of the Present Moment</i>
Monday, May 4	<i>A Reflection on Mothers</i>
Monday, June 1	<i>Living a Listening Life</i>

Appointments for spiritual direction will be available when you register. Lunch, art supplies, and a private room for solitude and rest will be provided. \$45 for the day. You may also wish to stay overnight Sunday and/or Monday on a freewill offering basis for the room. Space limited.

To register, call (360) 341-1884 or email: info@whidbeyinstitute.org

www.whidbeyinstitute.org

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, our beautiful grounds, optional private spiritual direction, art supplies, and nothing you *have* to do.

Facilitators

Rabbi Zari Weiss (Feb. 2, May 4) serves as a rabbi, teacher and a spiritual companion, guiding people in their efforts to explore and deepen their relationship with G-d and their spiritual practice.

Cathy Whitmire (March 2, June 1) is a Quaker spiritual guide, an interfaith chaplain, pastoral counselor and author of *Plain Living* and *Practicing Peace*.

Corrine Bayley (April 2) is a spiritual guide trained at the Center for Spiritual Development and the Mercy Center in Burlingame, where she went on to mentor, train and supervise spiritual guides.

Annette Andrews-Lux offers spiritual guidance. She brings training from Seattle University, enriched with significant learnings from ecumenical and inter-faith experience.

Dianne Shiner, former director of the Whidbey Institute, will offer sessions of Shibashi, a smooth, flowing, meditative form.