

CHRISTIAN MEDITATION "MY SOUL MAGNIFIES THE LORD"

SATURDAY, DECEMBER 2, 2017



As we begin Advent, this day will be devoted to a quiet preparation. Time for us to come together in silence, practice Christian meditation, learn or renew how valuable reverent silence can be in our daily lives.

This day will be focused on:

- How to meditate
- When to meditate
- Why to meditate

What difference meditation can make in the way you experience life.

PRESENTER:



Sister Barbara Hazzard, OSB, is the founder of Hessed Community in the Bay Area, a Non-Resident Community whose mission is the teaching and practice of Christian Meditation. She has been a Spiritual Director for many years.



SAN DAMIANO RETREAT

DANVILLE • CALIFORNIA

**A FRANCISCAN PRESENCE IN
NORTHERN CALIFORNIA**

REGISTRATION:

Registration begins at 9:30 am. Program is from 10:00 am - 4:00 pm. Lunch included.

Registration online is available at www.sandamiano.org or call us at (925) 837-9141 to make your reservation by phone.

TO MAKE A RESERVATION:

Please send a check of \$25 deposit to:
San Damiano Retreat
P. O. Box 767
710 Highland Drive
Danville, California
94526-0767
Phone: (925) 837-9141
Fax: (925) 837-0522

Deposits or payment are non-refundable, but transferable to a future retreat within one year providing cancellation is received at least 7 days prior to the retreat.

SPECIAL NEEDS:

Please call us after you make your reservation for any retreats.

COST:

\$55 per person

RESERVATION FORM

SILENT CHRISTIAN MEDITATION DAY • SATURDAY, DECEMBER 2, 2017

NAME(S): _____

ADDRESS: _____
STREET CITY STATE ZIP

EMAIL: _____ PHONE: _____

EMERGENCY CONTACT: _____ Phone: _____

\$55 • LUNCH INCLUDED

CREDIT CARD #: _____ EXP. DATE: _____

NAME ON CREDIT CARD: _____ CHARGE ALL DEPOSIT ONLY