

SILENT CHRISTIAN MEDITATION

Listen ~ And Wait ~ For The Spirit

Presented by

Claire La Scola, Donna Lack & June Pangelinan
SATURDAY, JULY 27, 2019

Join us for a day of going deeper into our Christian Meditation practice(s). Our primary commitment is to empty our minds of our personal thoughts, images, plans, worries... to create a space for God to be heard. We have to still ourselves so we can wait and hear God. We also acknowledge that the waiting can sometimes be hard. Let us strengthen our resolve and commitment to wait for the Beloved's guidance with unconditional and unsurpassed trust that we will be led to wherever we need to be. Our job is to simply show up and continue to say the mantra.

PRESENTERS:



Claire is a Benedictine Oblate of the World Community for Christian Meditation (WCCM) and Regional Coordinator for Northern California. She leads a Meditation group weekly at her home parish, St. Charles Borromeo in Livermore. Before retiring Claire was a registered nurse and a marriage and family therapist.



Donna is a Benedictine Oblate of Hesed Community and also serves as their Oblates Coordinator. She has a B.A. in Human Services from Holy Names University. She is a graduate and trained mentor of Education for Ministry (EFM) from The Beecken Center of The School of Theology, The University of the South, a four-year distance learning certificate program in theological education based upon small-group study and practice. Donna leads a Meditation group on the 2nd and 4th Monday's each month in Oakland.

June Pangelinan is a member of Hesed Community and a long-time Lectio Leader for the organization. She is currently supporting the communication & social media efforts at Hesed as well as the meditation leaders. She has a 13 year old daughter and resides in El Cerrito, California.



REGISTRATION:

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

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

COST:

\$55 per person

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

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.

RESERVATION FORM

SILENT CHRISTIAN MEDITATION DAY • SATURDAY, JULY 27, 2019

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