

**Register:****Name:****Phone:****Street  
Address:****Email:****Diet  
Requests:****Access  
Requests:****To Register:**

**Please contact Janet Scott, Retreat Coordinator, at 778-828-8974 or [janetcjscott@gmail.com](mailto:janetcjscott@gmail.com) for registration details. Registration will be limited to 25 women and will close on August 21, 2015. The registration fee of \$280 includes a private room with shared bathroom, six meals and the program fee. This does not include the cost of the ferry. We will try to carpool to reduce gas/ferry costs.**



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## ESTHER HIZSA

Esther is a Spiritual Director and a writer from Burnaby, B.C. She completed her Master of Divinity degree from Regent College in 2005. She worked part-time in parish ministry from 2006-2014. She was trained as a Spiritual Director through SoulStream from 2007-2010. In 2013, she went on to train to give the Ignatian Spiritual Exercises. She is a member of the SoulStream Community and a facilitator of its spiritual formation course, 'Living From the Heart'. Her first book, 'Stories of an Everyday Pilgrim' will be available in the Fall of 2015. She is married, has two adult children and two grandchildren.

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## ST. MARK'S WOMEN'S RETREAT

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***God: In Us, With Us, For Us***  
**September 11-13, 2015**  
**Bethlehem Retreat Centre**  
**2371 Arbot Road**  
**Nanaimo, B.C.**



## ***God: In Us, With Us, For Us***

*We live in Christ and he in us.*

1 Jn 4:13

*Jesus said, "I will be with you always."*

Mt 28:20

*If God is for us who can be against us?*

Rom 8:31

God is in us, with us, and for us! But do we really live as if it's true? Imagine letting that reality descend from your head to your heart and living every moment immersed in God's uncontainable, exuberant love for you! With the truth of scripture, ancient prayer practices, and stories from her own life, Esther will lead us into a deeper awareness of God's attentive, active love. We will learn how to find God in our day-to-day lives and discover God in places we never thought possible. And, with each new discovery, we receive a little more freedom to live lives that transform the world.

### **Retreat Schedule:**

The retreat will commence with check-in between 3:00-5:00 on Friday evening and end at 1:00 on Sunday. The rhythm of the weekend will include large group sessions facilitated by Esther, small group sharing times and time for personal reflection. During a period of silence, we will be invited to choose between a variety of meditation centres, including a guided labyrinth walk, a chapel for centering prayer and an art centre. On Sunday, we will share in worship, with Eucharist led by Rev. Denise Doerkson.

### **Seed Cracked Open**

*It used to be*

*That when I would wake up in the morning*

*I could with confidence say,*

*"What am 'I' going to do?"*

*That was before the seed*

*Cracked open.*

*Now Hafiz is certain:*

*There are two of us housed*

*In this body,*

*Doing the shopping together in the market and*

*Tickling each other*

*While fixing the evening's food.*

*Now when I awake*

*All the internal instruments play the same music:*

*"God, what love-mischief can 'We' do*

*For the world*

*Today?"*

From:

'The Gift-Poems by Hafiz',

Translation by Daniel Ladinsky