



*Enjoy the natural setting with spring ducklets!*

**When ? March 28<sup>th</sup> 9am to 3:30 pm**

**How?** Sign up at the SEA Table

**Who?** You! Space is limited to the first 30 registrants. Facilitated by Jacqueline Brett, Seminary student and CCCHUU Director of Welcoming Ministries.

Child care can be arranged. Please contact Marion Hirsch for more information.

[919-942-2050](tel:919-942-2050)

**Where?** Address will be provided upon registration. Carpooling required from Church parking lot or Food Lion in Carrboro. Near Saxapahaw in a beautiful natural setting with cozy house, wildlife trails, ponds and thousands of daffodils!

**How Much?** We are asking for a love offering for our host and facilitator. No fee is required, give what you can.

**What about lunch?** Bring your own lunch.

**Can I be silent?** SURE! You can even come and manage your own silent retreat. There are numerous outbuildings for silent reflection, personal journaling, yoga etc.

We will help you set up your silent time.

**What will we do?** There will be two sessions when we will all meet together. One session to open the day and discuss the with a discussion about the idea of cultivating a spiritual practice.

There will be two breakout sessions where you choose one of the following activities PER session:

Yoga, Dream work, Laughing Yoga, Walking Meditation, Discovering your Chakras, Art as spiritual practice, Lectio Divina, and Prayer.

We will all have the opportunity to gather together for a group Tai Chi session.

There will be a final group gathering to share our experiences before we head back out into the world.

## Sponsored by the Spiritual Exploration for Adults Committee (SEA)

### About Us

*A committee of member volunteers who meet monthly to plan our annual course offerings. Most courses are offered on Thursday evenings. We meet on the second Monday of the month at 7pm in the Kirby Room.*

*We laugh a lot, please join us!*

The day long spiritual practice retreat grew out of the Wellspring Program, a ten month course on developing a personal spiritual practice.

**Contact Co Chairs** Laura Lauffer 919 444 1478

Or Sarah Verbiest at [sarah\\_verbiest@med.unc.edu](mailto:sarah_verbiest@med.unc.edu)



**MARCH 28TH  
9AM- 3:30 PM  
DAY LONG  
SPIRITUAL  
RETREAT**

*Community Church of Chapel  
Hill Unitarian Universalist*



### Session Descriptions Break out Session #1

**Visual art** can be a way to think about and talk about life's meaning and struggles without using words. The theme for this session will be mixed-media maps that show where we've been, where we want to go, or where we are. Participants can bring pictures, fabric, small mementos, or favorite art supplies.

**Prayer-** How can prayers help you in good times and bad? What are some prayers from your past? What are some new prayers to share? How can daily prayer be part of a spiritual practice?

**Chakras,** Getting in touch with your energy centers- aka chakra awareness. What is this ancient method of balancing our energy, emotions, and passions? Using creative visualization we will learn how to deepen the connection with each of the seven chakras

**Dreamplay** This is an opportunity to share one of your night-time dreams and receive support in discovering what it means for your life. All dreams, even the most mystifying, come to us in the service of wholeness and healing; dreams give us messages from our deepest Self.

### Group Session: Tai Chi

Tai Chi is a Chinese system of classical exercise for health, inner peace and relaxation. We will be exploring Tai Chi as it relates to Taoism, and will learn some basic principles of Tai Chi through movement forms. Please wear flat soled shoes and comfortable clothes for movement.

### Breakout Sessions #2

**Laughing Yoga** Tap into your inner child and laugh for no reason in this fun, session of Laughter Yoga. You will enjoy various laughter activities decreasing stress, brings more oxygen to the brain and body, and equip you with hilarious and effective laughter therapy techniques.

**Walking Meditation-** How can you incorporate movement into your meditation practice? A short introduction will allow you to try out this practice in a lovely wooded setting. Participants can walk in unison or independently

**Lectio** Using poetry and sacred texts as a form of meditation, contemplation and journaling as a spiritual practice.

**Yoga** is an interweaving of mind, breath, and movement. Yoga is about awakening our consciousness, and helps us become more relaxed and embodied. This class is open to all levels. Please wear comfortable clothing and bring a yoga mat if you have one!

### Schedule

9am-9:15 Gathering, tea and coffee

9:15- 10:15 Welcome, What is a spiritual practice discussion, meditation, plan for the day

10:15-10:30 Break

10:30- 11:30  
Break outs

11:30 -12:15  
Lunch bring  
your own

12:15 -1:15 Group Practice Tai Chi-  
Ivy Brezina or time on your own

1:30- 2;30 Second break out

2:30- 3;30 Wrap up discussion,  
sharing. meditation



