

Spiritual Awareness through Writing

Feb. 4 and March 25, 2017

9:00 a.m.—3:00 p.m.

Contemplative Writing Retreat



Writing is a powerful tool that can lead to deeper spiritual awareness. Writing focuses our thoughts and can examine the depths of our hearts. Contemplative practices can fuel and direct the writing process towards a truer understanding of God and us. This one-day retreat is for people who wish to use writing and contemplative meditation as a way to examine their own inner experience. It will examine the intersection of writing and contemplation. It will provide time for contemplative sitting, time for writing upon various topics, and space for sharing the writing with others (neither required nor expected!!!!)

Notebook and writing implement needed. This retreat requires no prior writing training or practice, only a desire to attempt it.

Presenter: Father Greg Wiest, CSSR. A Redemptorist priest, Greg has a Master of Divinity from Catholic Theological Union. Greg conducts various contemplative retreats along with yoga programs at RRC.

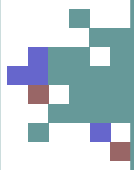
Cost: \$45.00 for the retreat including lunch.

Reservation required.

For reservation please call

(520) 744-3400 or (866)-737-5751

Email: office@desertrenewal.org



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