

WindCradle Retreats

Summer/Fall 2009

June 11-14--*Build your own prayer book*: From *The Book of Common Prayer* to the words of Kenyan Christians; from the serenity prayer to native environmental insights; from prayers by ancient ammas and abbas to poems by Mary Oliver: We will collect, choose, and make our own books to enrich our prayer lives.

June 18-21--*Recreated through creation*: Many people feel closest to God in creation. How can our closeness with the environment deepen our spirituality in our evolving world?

August 27-30--*BWCAW retreat*: The Boundary Waters calls us to depth with nature, ourselves and God. We will gather at WindCradle, spend a night and then head into the wilderness for a few days of paddling, wildlife watching, swimming, and star gazing. We'll spend a night cleaning up and processing together at WindCradle before heading back. (Maximum party size in the BWCAW is nine).

September 10-13--*Knitting and meditation*: For many knitting is meditation. Novice or expert, together we will knit and contemplate knitting our lives, our wounds, and our inner selves.

September 24-27--*Creativity and spirituality*: We will focus on kindling and encouraging our inner core through the creative process as we work in a number of media, ponder, and visit some local artists' studios.

September 28-October 3 -- *BWCAW retreat*: The Boundary Waters calls us to depth with nature, ourselves and God. We will gather at WindCradle, spend a night and then head into the wilderness for a few days of paddling, wildlife watching, swimming, and star gazing. We'll spend a night cleaning up and processing together at WindCradle before heading back. (Maximum party size in the BWCAW is nine).

October 8-11--*Fall colors and hiking*: The exuberant color of fall seems strange as preparation for the quiet and darkness of winter—this is some of what we'll ponder as we hike along the Superior Hiking Trail and gather by the fire in the evening.

October 16-18--*Women in recovery*: Inviting women who are living the twelve step recovery program to deepen their spiritual journey on a weekend retreat. Journaling on the beach, walking along the Superior Hiking Trail, watching sunsets and sunrises, talking around a bonfire on the beach— all these within the framework of the spiritual principles and respecting where each woman is in her recovery.

October 30-Nov.1--*Couples communication*: This weekend, focusing on helping couples communicate will be led by psychologists Mahinder and Bob Kaur.