

East Coast Mennonite Spiritual Directors Retreat

Wednesday June 3, 10:00-4:00 EST

Holding Space in Hard Times

Gather with Mennonite spiritual directors for a time to be held and renewed by Spirit and the presence of others



Questions? Contact: Suzy Kanode
540-820-5401 or suzykanode89@gmail.com

Registration for retreat via Zoom:

- Registration closes May 25

Create a sacred space:

- Objects of peace
- Favorite beverage
- Journal, Bible, pen
- Computer, tablet, or phone with camera

Projected Retreat Schedule

Wednesday, June 3

9:45 Gathering in Zoom

10:00 Contemplative Opening Exercise

10:45 Bridge from Lancaster Retreat: "Can I be still as the world collapses around me?"

11:30 Silence, Solitude and Lunch guided by "How are we being held by God"

12:45 Breakout Groups to speak out of silence

2:00 Full Group Input about "Holding space for others": Artwork and Story

2:30 Breakout Groups guided by Stories

3:30 Closing Ritual: Communion

4:00 Adjourn

To register and pay online:

<https://mennosdn.org/east-coast-retreat-2020-registration-form/>

Registration through the mail: Send to Suzy Kanode, PO Box 202, Weyers Cave, VA 24486

Name _____

Address _____

Phone _____

Email _____



Suggested Donation \$25: checks made out to MSDN. -Memo line: East Coast Retreat.

Once you have registered, you will receive an email with a Zoom meeting link a few days prior to the retreat. Please DO NOT share this with anyone! On June 3 you will click on the link to join the Zoom meeting. There will be a pause as the host allows you in.

We suggest you install and try Zoom prior to the retreat if you are not familiar with it. Here is a link to a Youtube video that shows how to use Zoom.

<https://www.youtube.com/watch?v=9isp3qPeQ0E>

If you would like to read something prior to the retreat, we suggest *Collapsing Consciously* by Carolyn Baker or re-read any book which nourishes you

We look forward to connecting and holding space with one another for this special day.

Peace be with you. - Jesus