

VILLA MARIA DEL MAR



WINTER STILLNESS RETREAT

Monday, December 4 - Friday, December 8, 2023

*Come to the quiet,
come to the silence*

Amid the chaos and the noise that fills our lives, join us in a sacred time of stillness, "...as nothing in all creation is so like God as stillness." (Meister Eckhart)

Come rest in the quiet and renew your spirit. Come and be surrounded by the beauty of nature and the gift of stillness. This time is intended for individuals seeking a personal retreat and to share the quiet with others. All participants will have a private room, common meals in silence, and optional communal daily prayer.

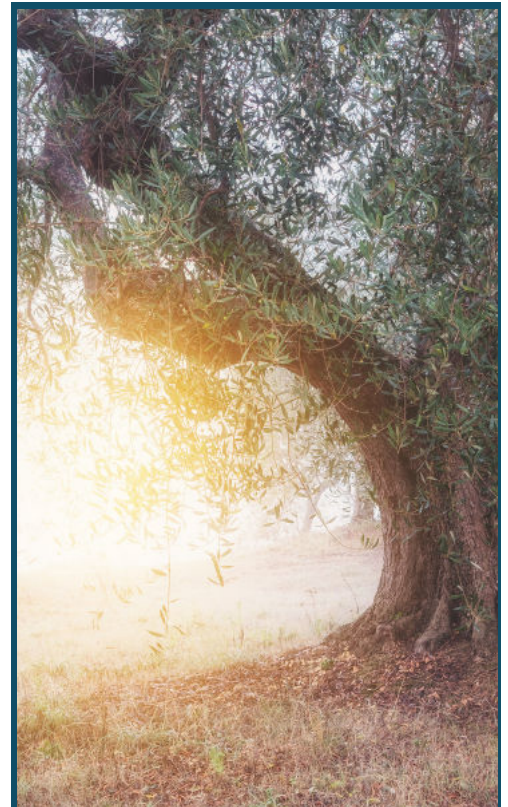
Be still and know that I am God (Ps 46)

Retreat begins Monday, December 4th, registration 11:00am, lunch served at 12.30pm. Retreat ends after breakfast on Friday, December 8th.

COST: \$500

Register online: www.villamariadelmar.org/events

Contact Email: vmdmretreats@snjmuson.org



*"Seek out a tree and let it
teach you stillness"
(Eckhart Tolle)*



Villa Maria del Mar

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