

VILLA MARIA DEL MAR



WINTER STILLNESS RETREAT

Tuesday January 16 - Friday, January 19, 2024

*Begin the new year in quiet,
rest in 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)

As we begin a new year, it is a wonderful opportunity to start the year with some time in silence and reflection. Come and be surrounded by the beauty of nature and the gift of stillness. This time is intended for individuals seeking a personal retreat in silence, and to share the quiet with others. Optional communal prayer and Eucharistic liturgy will be available. All participants will have a private room and common meals in silence.

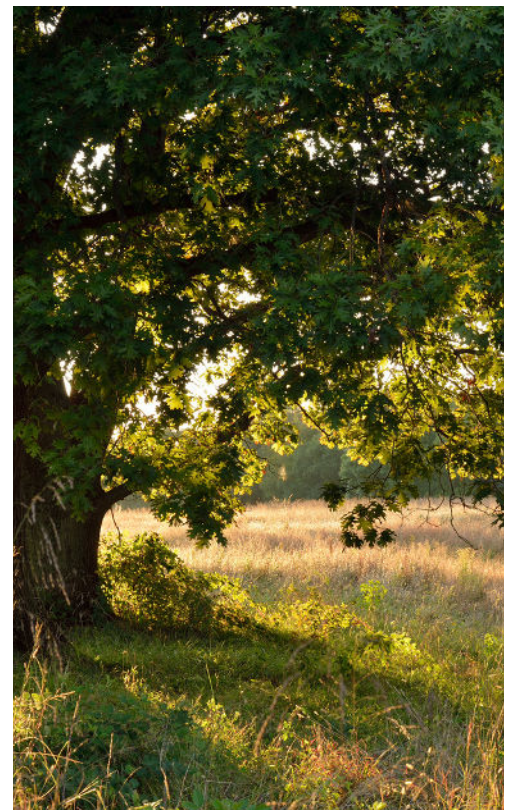
Be still and know that I am God (Ps 46)

Retreat begins Tuesday January 16th, registration begins at 11:30am, followed by lunch at 12.30pm. Retreat ends after breakfast on Friday, January 19th.

COST: \$400

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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