

# THE PRIORITY OF BEING

## A RETREAT FOR DEEPENING PRACTICE

Teachers of contemplation insist that prayer is a habit of being, a state of awareness, a climate of rest & joy; not something to master but an opening into reconciling presence. Over five days in Lent, this silent meditation retreat led by Rev Dr Sarah Bachelard will focus on fundamental elements of contemplative practice – stillness, silence, simplicity, presence – & the invitation to open ever more whole-heartedly to the gift. It will speak to experienced meditators & beginners. All are welcome.



<b>Where</b>	St Clement's, Kalangan Road, Galong
<b>When</b>	4pm Sunday 18 February – 1pm Friday 23 February 2024
<b>Cost</b>	\$830 single ensuite; \$730 shared ensuite; \$730 single shared bathroom. Financial support is available for those with lesser means, so don't let cost be a barrier. Inquiries contact Sarah or Melissa at <a href="mailto:info@benedictus.com.au">info@benedictus.com.au</a> .
<b>What to Expect</b>	We enter silence after dinner on Sunday until lunch on Friday. As well as input from Sarah, there will be periods of meditation each day, opportunities for one-one spiritual direction & time for solitude and reflection.
<b>Facilitator</b>	Sarah Bachelard is a theologian, retreat leader and founder of Benedictus Contemplative Church. She is a teacher with the World Community for Christian Meditation & a Circle of Trust facilitator. Sarah loves discerning connections between the tradition, contemplation & lived experience.
<b>To register</b>	<a href="https://www.trybooking.com/CNQTZ">https://www.trybooking.com/CNQTZ</a> (by Friday 9 February)