



We believe that it is necessary to have times of reflection, prayer and solitude away from the many voices in the world. On these days we can take the time to hear the still, small voice of God that speaks truth and love to us.

Women Creating Community will be a gathering of women for a monthly day of reflection and prayer. We will be together as a group for 9 months; dividing the time between input, silence and solitude and sharing in small covenant groups.

This retreat series is meant to be a guide for those who would like to move through their day with greater mindfulness. By practicing to “pause” Macrina Wiederkehr’s book can help ease the violence many of us carry in our hearts due to a stressful, multitasking home and work environment. The “sacred pauses” incorporate ancient practices of the Divine Office into seven daily invitations to mindfulness, offering contemplative moments in the midst of each day. Practice waking up seven times a day!

**There is one book for required reading:
“Seven Sacred Pauses”
by Macrina Wiederkehr
(Sorin Books, 2008)**

You will be responsible for getting your own book as listed above.

Some of the themes will be:

- *The Night Watch*
- *The Awakening Hour*
- *The Blessing Hour*
- *The Hour of Illumination*
- *The Wisdom Hour*
- *The Twilight Hour*
- *The Great Silence*
- *Practicing the Sacred Pause*

Our leader for these times together is Karla Minter. She will be developing this seminar in consultation with Dr. Marlene Kropf, Associate Professor of Spiritual Formation and Worship at Associated Mennonite Biblical Seminary (AMBS) and Director of the Congregational and Ministerial Leadership Team for Mennonite Church USA.

Karla is a student in the Master of Arts in Christian Formation program at AMBS, a lay leader in her congregation at Waterford Mennonite Church, and a public health nutritionist working with

children with special health care needs. She and her husband, Bill, have two teenage children.

The total cost for the program will be \$280 for 8 sessions. We need \$50 down to hold the spot for you and the remainder at the first gathering. Payment can be mailed to A Quiet Place, P. O. Box 158, Milford, IN 46542

The scheduled dates are on first Wednesdays and are:

September 2, 2009
October 7, 2009
November 4, 2009
December 2, 2009
February 3, 2010
March 3, 2010
April 7, 2010
May 5, 2010

Up to 4 CEU’s are available through AMBS for completion of this program. You can also receive CEU’s from Bethany Seminary for the hours you attend. Questions? Call Norma Miller (574-831-2423 or 574-536-5672).





DIRECTIONS TO A QUIET PLACE

A Quiet Place Prayer Center is located South of Milford, Indiana. To get there, take SR 15 to 1150 N. Turn East at the Camp Mack sign on 1150 N, come to a stop sign, cross the railroad tracks and follow 1150 N to Camp Mack Road. Turn right and follow the road around the lake to the lane that veers right just before the Camp woods. It is the second house from the corner; tan with white trim. Parking is in front of the garage and the main entrance is the second door.

SUGGESTED SCHEDULE

- 9:00-10:00 Opening Worship & Presentation
- 10:00-10:15 Break
- 10:15-11:45 Solitude
- 11:45-12:00 Large Group Gathering
- 12:00 – 1:00 Lunch
- 1:00-1:15 Large Group Gathering
- 1:15-2:00 Solitude
- 2:00 – 2:45 Small Group Sharing
- 2:45-3:00 Closing

**WOMEN
CREATING
COMMUNITY**

2009-2010



Seven Sacred Pauses

**Living Mindfully
Through
the
Hours of the Day**

***A Quiet Place Prayer Center
P. O. Box 158
Milford, IN 46542
Ph:(574)658-4831 (Camp Mack)
Email: milfam@npcc.net***