

Seven Thunders Summer Contemplative Intensive Retreat Trappist Abbey, Lafayette OR, June 23-27, 2010

Fr. Bob Halter, CSsR, will lead our Summer Contemplative Retreat at the Trappist Abbey in Lafayette, OR, June 23-27. Bob led our summer retreat in June 2009, and we are pleased that he can join us again. As most of you know, Bob is a Redemptorist priest and a long-time student and friend of our founding teacher Pat Hawk.

The retreat will begin with supper on Wednesday and end after lunch on Sunday (by 1:30 pm). Plan to arrive at the Abbey between 2:00 and 5:00 pm. Formal contemplation will begin immediately after orientation at 7:30 pm on Wednesday and end about 10:00 am on Sunday.

Our daily schedule will be similar to the traditional Seven Thunders CIR schedule, and include about eight hours of sitting contemplation, late afternoon Eucharist, and about one hour of assigned work. Sitting contemplation occurs in 25-minute periods separated by 5 minutes of walking contemplation. Total silence will be observed for the entire retreat. All attending are required to participate fully in the daily cycle.

The Abbey's guest facilities limit overnight attendance to nine retreatants. Each of us will have a private bedroom and share a bathroom with one other person. Bed and bath linens are provided. Meals are provided by the Abbey; the fare is vegetarian, simple, and balanced. The first nine applicants will be accepted as full-time retreatants. Later applicants will have the option of being on a waiting list in case of cancellations.

We will also welcome commuters who will need to bring their own (brown bag) meals. The registration fee for part-time commuters is \$10 per 'block', with four blocks per day: 6 to 7:30 am, 9:30 to noon, 2:45 to 6 pm, and 7:30 to 9 pm. Please plan to arrive about 15 minutes before the beginning of the block.

Bethany House has plenty of cushions and prayer benches, but you are welcome to bring your own if you wish.

During the retreat you are asked to wear conservative clothing of dark or subdued color. No shorts or sleeveless tops please. Bring additional clothes suitable for walking outdoors (possibly in the rain) and for work (likely outdoors).

The cost for the retreat, including lodging, meals and tuition is \$300, with a \$30 discount for members. A deposit of \$75 is required with your registration, and full payment is due by May 23, 2010. All but \$25 is refundable until May 23. If you cancel after that date all but \$75 is refundable. You will receive a confirmation letter.

If for any reason you find the fees to be a barrier to attending, please check the box requesting a scholarship or contact us. Although we need to make financial ends meet, we also need and deeply appreciate your physical presence with us. Partial scholarships are almost always available. Donations for scholarships are tax-deductible and greatly appreciated.

To register for the retreat, send the form below with your deposit to registrar:

Jane Huyer
1405 NW Vista Pl
Corvallis OR 97330

Questions? Please feel free to ask Jane Huyer (ahuyer@comcast.net, 541-752-6597) or Jodi Kilcup (503-437-3494, jkilcup@linfield.edu)

Retreat Schedule

First Evening

6:00 pm	Supper
7:30	Orientation
8:00	Sitting (Contemplation)
8:55	Night Prayer

Last Morning

5:30 am	Rising
6:00	Sitting with Interviews
7:25	Morning Prayer
7:30	Breakfast, Work, Rest
9:30	Sitting
11:00	Restoration
1:00 pm	Lunch

Intervening Days

5:30 am	Rising
6:00	Sitting
7:25	Morning Prayer
7:30	Breakfast, Work, Rest
9:30	Sitting
10:00	Conference, Sitting/Interviews
11:30	Walking Outdoors
12:00	Sitting
12:50 pm	Lunch, Work, Rest
2:45	Sitting with Interviews
4:15	Walking Outdoors
4:45	Eucharist, Sitting
6:00	Supper, Work, Rest
7:30	Sitting with Interviews
8:50	Night Prayer, Sleep

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*Please make checks payable to Seven Thunders, and send to
Jane Huyer, 1405 NW Vista Pl, Corvallis OR 97330*

Name: _____

Address: _____

Phone: _____

Email: _____

- First Retreat with us?
- Deposit of \$75 enclosed
- Donation for Scholarships \$ _____
- Request a Scholarship of \$ _____

Full payment enclosed (\$270 for Seven Thunders members, \$300 for non-members)

I am interested in attending as a part-time commuter (at a fee of \$10 per 'block')