



CONTEMPLATIVE INTENSIVE RETREAT (CIR) JANUARY 17-20, 2019

This retreat will be held on the campus of Mary's Woods at Marylhurst in the Historic Laundry building guest house, located at 17383 Holy Names Drive, Lake Oswego, Oregon 97034. The retreat will begin at 6:00 p.m. Thursday January 17th, and conclude after 11:00 Mass on Sunday the 20th.

Sr. Joan Saalfeld, SNJM, will lead our retreat, sit with us, present talks and offer interviews. Sr Joan is a member of the Sisters of the Holy Names of Jesus and Mary. She currently lives and works in Portland, Oregon. She has studied and practiced Zen and Contemplation for 40 years, first with Robert Aitken, then with Fr. Willigis Jaeger, OSB, and most recently with Fr. Pat Hawk, C.Ss.R., who encouraged her to teach in CIRs.

The retreat will be a standard CIR integrating an optional opportunity to attend daily Mass. The sitting schedule will begin at 6:00 a.m. and conclude at 9:00 p.m. This is a short and intense CIR retreat. All retreatants must commit to participating fully in the entire schedule of group sittings.

Space is limited to a maximum of 10. Additional applicants will be wait-listed in case of cancellations. The Guest House offers residential facilities for nine retreatants,

consisting of a private room and full bath. Residential retreat fee is \$330 (member rate \$300), non-residential fee is \$240 (member rate \$210). All meals included. Meals will be prepared and delivered by volunteers. The fare is vegetarian, simple, and balanced. Participants will share setup and cleaning assignments around meal activity.

The non-member rate includes membership in Seven Thunders for the calendar year, which will then qualify you for the member rate at other Seven Thunders regular retreats and sesshin through the remainder of the calendar year. Partial scholarships are available to Seven Thunders members.

The deposit to hold your place is \$150, with the remaining balance due on arrival at Marylhurst. All but \$25 will be refunded for cancellation requests received by the registrar on or before December 1; after that date, all but \$50 will be refunded. Registrations will be made in the order of postmark dates, alphabetically by last name within each date.

Some sitting equipment will be provided on the premises, but you may wish

to bring your own to be sure you have what you need or prefer. Dark, layered clothing is right for this occasion. Distracting jewelry and perfumes are not. Bed and bath linens are provided.

To register for the retreat, complete the form below and send it with your deposit to retreat organizer and registrar: **Mike Seely, 4904 SW SW Orchard Lane, Portland OR 97219**. Please make checks payable to **Seven Thunders**. Alternatively, you may e-mail Mike Seely at **ms452mss@me.com** with your registration and pay the deposit/fee online at **SevenThunders.org** (Click on the 'Contribute' tab and follow the donation process, leaving a note in the last window saying that this is your January CIR fee payment.) Questions? Please contact retreat coordinator Mike Seely at **ms452mss@me.com** or **503.494.6096** ✉



**REGISTRATION FORM
CONTEMPLATIVE INTENSIVE RETREAT (CIR) JANUARY 17-20, 2019**

I wish to register as a resident retreatant (\$330 non-member, \$300 member)

I wish to register as a non-resident retreatant (\$240 non-member, \$210 member)

Name: _____

Address: _____

Phone: _____ Email: _____

Special needs _____

I commit to participating fully in the entire schedule of formal group contemplation.

Payment enclosed:

\$330 non member residential fee

\$300 member residential fee

\$240 non-member non-residential fee

\$210 member non-residential fee

Deposit of \$75 enclosed

Donation for Scholarships \$ _____

Request a Scholarship of \$ _____