

SOUND & SILENCE

Embodying prayer through the sacred rhythms of drumming, movement, nature and silence.

at Still Point Mountain Retreat
near Harpers Ferry, WV
August 19-21, 2016

*"After silence, that which comes closest to expressing the inexpressible is music."
—Aldous Huxley*

"Do we know, each one of us, that we are bearers of the sacred beat of life? Do we know that we can honor that beat in one another and in all things? And do we know that it is this combination - of knowing that we are bearers of Presence and choosing to honor Presence in one another - that holds the key to transformation in our lives and world?" - John Philip Newell



Music & Movement ... Drumming & Dance ... Listening & Silence ...
embodiments of prayer allowing us to experience the sacred beat of life
connecting us to ourselves, to one another, and to God.

This weekend retreat invites us to honor that sacred beat and go deeper into
intention and prayer as we learn how to play - and pray - with drums, dance,
chant, the labyrinth and silence.

Led by Katy Gaughan and Tracy Seffers, the rhythm of our time together will
include introduction to drumming, group drumming as prayer, ecstatic dance
& chant, walking the labyrinth with drums, free time in nature, a fire circle and rhythm church. Woven throughout
the weekend will be times of silence.

In this retreat we are invited:

- to let go ...of stress, of pain, of old stagnant energies that don't serve us. And as we let go, we are allowed to invite new, perhaps more healing – or loving – energies in.
- to connect with ourselves, others, nature and God – and make joyful music!
- to focus our intention into a prayer for our community and world.

Please join us for an experience of healing, prayer and oneness. Let yourself go and experience the joy of God that is so immediate through group drumming, dance, and chant.

Katy Gaughan is a drummer and drum circle facilitator who believes in the healing power of music, especially in the joyful rhythms and vibrations of the drum. Katy has led programs with Shalem Institute and served on their staff for 10 years. She is a professional percussionist who plays in a multitude of bands. <http://www.katyaughan.com>



Tracy Seffers lives near Rolling Ridge. She learned drumming from Katy, and was inspired to become a drum facilitator herself, using it as means to build community and to teach mindfulness, playful creativity, cooperation, and stress management. She leads monthly drum circles and has served on the Friends of Silence board. She has drummed for several retreats at Rolling Ridge and Still Point.



The retreat begins at 5 pm on Friday (dinner at 7) and concludes with lunch on Sunday (departure by 3 pm).

Fee for the retreat is **\$299** and includes lodging, six meals, and program. Two people registering together and choosing to share a room may pay a reduced fee of **\$249** each. Camping further reduces fee to **\$229**.

Register online at www.friendsofsilence.net. Click on "Events" and "Sound & Silence".

We offer a limited amount of scholarships. Please inquire.

