

**Special Instructions:**

Special Diet Restrictions:

*Out of concern for our environment, we will no longer be providing bottled water – tap water is delicious and plentiful.*

Other Special Requirements:

**Transportation: Participants are responsible for arranging their own transportation and costs.**



**Pilgrimage**  
*Life's Journey in Reflection*

*Journey with us on this outer pilgrimage to Bethlehem where we will be led into an inner pilgrimage of reflection by the Rev. Sharon Salomans*

**Our Accommodations...**

For the 2011 Women's Silent Retreat, we are excited to be returning to a favourite location. Bethlehem Retreat Centre is situated on the quiet Westwood Lake (no motorboats allowed, no houses across the lake) in beautiful Nanaimo, B.C. Bedrooms are private, washrooms are communal, and there are many areas to find comfortable peace. As always, we will attempt to match your accommodation to your personal or physical requirements – just make sure you note any special needs on your registration form.

**Spiritual New Year...**

Past participants have referred to the silent retreat as their Spiritual New Year. Women find comfort and rejuvenation in the silent companionship of others who are taking time out from their lives to be in the presence of God.

St John's Anglican Church  
North Vancouver  
presents the annual

Women's Silent Retreat  
Life As Pilgrimage

August 26-28, 2011

Bethlehem Retreat Centre, Nanaimo, B.C.

**Be one with Nature...**

Located on 7 peaceful acres of forested land beside Westwood Lake, the Bethlehem Retreat Centre is the perfect setting for renewal and connecting deeply to the inner self through nature. Walk the trails, or sit peacefully at the water's edge.



**Be one with God...**

Walk with God along the outdoor labyrinth. Enhance your spiritual journey with morning and evening prayer, and inspirational addresses from our facilitator. Or follow your own path of spiritual discovery, set out by God.

**Peace and Quiet...**

Be still... Be quiet... Be with God...

All Inquiries: email Retreat Committee at [stjohnnv@telus.net](mailto:stjohnnv@telus.net) or call the St. John's Church office at 604-986-1151

Women's Silent Retreat



**Life As Pilgrimage**

August 26-28, 2011



*"Life itself is a pilgrimage. A pilgrim is someone who sees life as a sacred journey, who sees the earth as a sacred home."*

### Facilitator...

We are pleased to have the Reverend Sharon Salomons as our retreat facilitator this year. Sharon is the Incumbent at All Saints Anglican Church in Mission, B.C. Sharon is keenly interested in nurturing faith and spirituality that resonates for women in our contemporary world while remaining rooted in tradition.

Dear Friends,

*The idea of pilgrimage as a spiritual practice is deeply rooted in our faith tradition. Although pilgrimage usually means a journey to a sacred site, the spirituality of pilgrimage is such that the outer journey is a reflection of the inner one which is ultimately where the Sacred dwells. Pilgrimage is about being present in a deep way to the world around you, even as you look deeper inward to consider the meaning of your experience. Our whole lives then can be seen as a pilgrimage, a journey in which there are hills and valleys, moments of struggle and moments of intense beauty.*

*This weekend will present an opportunity to remove yourself from the busy world and take some quiet focused time to reflect on the pilgrim moments in your life, on where God has led you, as well as where you are at this point in your journey. As we enter into sacred silence we will be invited to consider some of the elements of a pilgrimage, pay attention to the created wonder around us, and focus on the inner movements of the Spirit within.*

*My hope and prayer is that this retreat will be a time of deepening faith, honouring the self, and strengthening your relationship with your God.*

Blessings,

The Reverend Sharon Salomons



Cost Per Person: \$350.00

Includes:

- private accommodation for 2 nights
- Friday night dinner
- breakfast, lunch and dinner on Saturday
- breakfast and lunch on Sunday
- refreshments between meals
- spiritual leadership

**Early Birds!**  
 Register with payment by July 15<sup>th</sup>, and receive \$40 off your fee!  
 That's only \$310.00!  
 Applies to Payment-in-Full or Easy-Pay!  
**Space is Limited so Register Early**

Please send payment (Visa, MasterCard or personal cheques) along with the completed registration form to:

Women's Silent Retreat  
c/o St. John's Anglican Church  
220 West 8<sup>th</sup> Street  
North Vancouver, BC, V7M 1N1

Cheques should be made out to "St. John's Church", noting **Women's Retreat** on the bottom.

### Arrival...

**Check-in** Anytime after **4 p.m.** Receive your registration package that will outline the weekend's itinerary, settle into your room and be ready for dinner at **5:30 pm.**

### The Retreat Centre...

The Bethlehem Retreat Centre is run by Benedictine Sisters. The Sisters are a Roman Catholic order who welcome all peoples of faith, and strive to enhance your silent spiritual journey with simple, comfortable accommodations and a quiet, natural environment

**Easy-Pay**  
*Take it easy on your pocketbook, by paying in 3 installments.*  
 Pay \$110.00 by July 15<sup>th</sup>, plus 2 post-dated cheques:  
 \$110 dated July 31<sup>s</sup>, \$90 dated Aug 15<sup>th</sup>

### Transportation...

B.C. Ferries: Tsawwassen to Duke Point or Horseshoe Bay to Departure Bay. If you bring a car, reservations are advised. Contact BC Ferries.

Public Transportation services both ferry terminals. Travel as a foot passenger on the ferry and get a group together to take a taxi from the terminal to the retreat centre.

In a hurry? Harbour Air will have you in Nanaimo harbour in 20 minutes. Flights are frequent on Fridays.

Retreat 2011 Registration Form

PLEASE PRINT CLEARLY

Payment must accompany registration

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email Address: \_\_\_\_\_ Telephone #: \_\_\_\_\_

Early Bird Payment \$310.00  Payment in Full \$350.00  Easy-Pay 3 cheques (\$110 deposit dated today, (before July 15<sup>th</sup>) (after July 15<sup>th</sup>, 2011) \$110 cheque dated July 31, \$90 cheque dated Aug 15)

VISA/MASTERCARD payment #: \_\_\_\_\_ Expiry: \_\_\_\_\_ Signature: \_\_\_\_\_

*Cheques or money orders should be made out to "St. John's Church" clearly noting "Women's Retreat".*

**EARLY BIRD DISCOUNT REGISTRATION DEADLINE IS July 15, 2011 - ONLY APPLIES FOR FULL PAYMENT OR EASY-PAY**

**DONT DELAY - Space is limited. Registration deadline August 5, 2011.**

**PLEASE TURN OVER**