

“Seven Sacred Pauses: Living Mindfully Through the Hours of the Day”

A Spiritual Day Apart led by

Macrina Wiederkehr, O.S.B., St. Scholastica Monastery, Fort Smith, Arkansas

Western North Carolina Annual Conference

Thursday, June 10, 2010

Central United Methodist Church, 410 Charles Street, Clyde, North Carolina

(Less than 3 miles from Lake Junaluska, just off US 19/23)

Sister Macrina Wiederkehr, OSB, author and spiritual guide, is a Benedictine monastic of St. Scholastica Monastery in Fort Smith, Arkansas. She is well known for her books: *A Tree Full of Angels*, *Seasons of Your Heart*, *The Song of the Seed*, *Gold in Your Memories*, *Behold Your Life*, and *The Circle of Life*, plus her latest release *Seven Sacred Pauses*. In addition to writing, she travels throughout the U.S. and Canada as a retreat director. The previous events she has led in the southeast U.S. have been widely attended.

The Day's schedule begins promptly at 10:00 a.m. with the opening session, led by Sister Macrina. Persons can check in at Central UMC, Clyde beginning at 9:00 a.m. Lunch is included in the event and event fee, and will be served in the Fellowship Hall from noon until 1:00 p.m. The afternoon session, also led by Sister Macrina will conclude no later than 3:00 p.m. During the day we will be led to honor and live into the natural pauses that give greater awareness of God's presence and power in our lives. A few things that Macrina says she has learned: "Practice" is one of the most important words in the spiritual life; all moments of waiting can become moments of keeping vigil; and all work (even menial tasks) can become a joy rather than a burden.

Registration Information: All interested persons (laity and clergy) are invited to register and attend. This is NOT restricted to delegates to the WNC Annual Conference. Participants will be limited to the first 125 persons submitting their registrations. The all-inclusive fee for the event is \$25, and checks should be made to "WNC Conference Treasurer" and sent to Gloria Hughes, WNCC UMC, PO Box 18005, Charlotte, NC 28218. The registration deadline is Friday, May 28 or when 125 persons have registered. Persons will be placed on a waiting list when the event fills. If you find you cannot attend after you have registered, you can transfer your registration to another person. For further information, contact Randy Sherrill at rsherrill@triad.rr.com or 336-765-6186.

If you do electronic mapping for directions, please remember this is at Central UMC, Clyde and NOT Central UMC Asheville.

(Complete the form below and mail with a \$25 check per person made to "WNC Conference Treasurer", memo line "AC Day Apart" to:

Gloria Hughes, WNCC UMC, PO Box 18005, Charlotte, NC 28218

Name(s): _____

Address: _____

Phone and email: _____

Number of attendees: _____ X \$25 each = _____ (Amount enclosed)