



## Taking Pause

August 20, 2009, 9:30 a.m. -  
August 22, 2009, 1:00 p.m.  
at Holy Wisdom Monastery

There is an understanding in Chinese script that the word for “busy” is the same as the word for “heart-killing”. Taking pause in the midst of our busyness is a chance to come home to our hearts and to the presence of God. This retreat will offer practical suggestions; through breath practices, reflection and prayer, to reconnect with ourselves and God throughout the day.

Facilitated by Claudia Greco and Jerriane Bland, spiritual guides and oblates of Benedictine Women of Madison.

Cost: single, \$215; double, \$320 (\$160/person);  
room and meals included

***Please register by August 13, 2009***

Registration forms available at  
[www.benedictinewomen.org](http://www.benedictinewomen.org)

Questions? Contact Jerriane at  
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or (608) 836-1631, ext. 158.

Benedictine  Women of Madison

[www.benedictinewomen.org](http://www.benedictinewomen.org)  
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