**Convocation: A Church and Ministry Invites you to . . .**

**Awakening to the Precious Present:**

**A Virtual Meditation Retreat**

November 13 to 15, 2020

*With mindfulness and compassion, we can let go of our battles and open our heart with kindness to things just as they are. Then we come to rest in the present moment. This is the beginning and the end of spiritual practice.*

*~Jack Kornfield Clinical Psychologist and Buddhist Teacher*

****WHAT**. This retreat is sponsored by Convocation: A Church and Ministry, a long-established interfaith community dedicated to enhancing personal development and spiritual awareness through the mindful practice of relationship. The community’s open and inviting ambience will support and encourage you. During this virtual retreat, which is thoughtfully designed for seekers of all levels of experience, you will be able to experience a variety of forms of meditation:

* Periods of silence when you can become centered in yourself
* Experiences of heart-opening connections with others
* Conversations where you can share your experience, ask questions, and learn from others
* Skillfully led guided meditations, sensory experiences, chakra toning, and movement
* Guidance for time between sessions, including artistic expression

**WHEN.** Friday, November 13 at 7:30 pm and concluding on Sunday, November 15 at 4:00 pm.

**WHO**. Central leadership will be provided by **Colette Hoff, M.Ed.,** pastor of Convocation: A Church and Ministry. Colette is well respected for teaching with her life and for her practical strategies for mindful living. For over 40 years she has been teaching and leading successful workshops, human relations laboratories, community cultural programs, and spiritual exploration experiences. Her leadership is supported by:

* **Joshua DeMers** will offer consultation to the retreat. Josh has studied meditation for many years and most recently in India. He has previously led meditation experiences for the Goodenough Community and for Convocation.
* **Marley Long** will provide yoga as part of the morning sessions on Saturday and Sunday. Marley has long been a yoga practitioner, and she is on the path to becoming a seasoned instructor. She is skilled in working with all abilities. Marley has provided previous yoga experiences for the Goodenough Community and Convocation.
* **Elizabeth Jarrett-Jefferson,** our registrar**,** will work with chat room issues and will post questions for break out conversations. Elizabeth will also serve as Zoom co-host.
* **Deborah Cornett** will encourage your creativity through suggestions for artistic expression.

**REGISTRATION & COST** -  $175 which includes learning materials. A sliding scale is negotiable; your financial situation does not need to be a barrier to your participation.  Contact Colette Hoff to discuss options and if you have other questions about the retreat-- hoff@goodenough.org or 206-755-8404. Please register online on the home page of www.goodenough.org.