

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

# AWAKENING

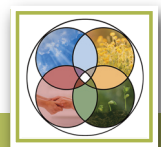
## To the Precious Present

A M E D I T A T I O N R E T R E A T



AT *Sahale*

Being fully present to life...opening to and allowing what is, without judgment...This is mindfulness. And the central practice for achieving mindfulness is meditation.



November 19-21, 2021

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.





Only in the present moment can we discover that which is **timeless**. Only here can we find the **love** that we seek.

Love in the past is a memory, and love in the future is fantasy. Only in the reality of the present can we love, can we awaken, can we find peace & understanding and connect with ourselves and the world.

Stopping the war, we become **present and kind**.

— **Jack Kornfield, 1945 to present**  
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 retreat, which is thoughtfully designed for experienced seekers as well as for novices, 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 guided meditations, sensory experiences, and movement

**WHERE** Sahale Learning Center, near Tahuya, WA.

**WHO** Coordinating leadership is provided by: **COLETTE HOFF**, M.Ed., pastor of Convocation. Colette is well respected for teaching with her life and for her practical strategies for mindful living. For more than 40 years she has been teaching and leading successful workshops, human relations laboratories, community cultural programs, and spiritual exploration experiences. Her leadership is joined by:

**JOSHUA DEMERS** has studied meditation for many years, most recently in India. His skill and gentle approach are effective and easy to join. He recently led meditation for the Goodenough Community's Human Relations Laboratory and an earlier retreat for Convocation.

**MARLEY LONG** will provide yoga as part of our morning sessions on Saturday and Sunday. Marley has practiced yoga for many years and intends to become an instructor. She works well with all abilities. Marley led yoga for the Goodenough Community's Human Relations Laboratories.

**DRAI SCHINDLER** will lead the hearth in lovingly cooking for us.

**ELIZABETH JARRETT-JEFFERSON** is our registrar. (elizabeth.ann.jarrett@gmail.com)

**WHEN** The retreat will begin Friday, November 19, at 6:30 pm with dinner and will conclude on Sunday, November 21, at 3:00 pm. Contact Colette Hoff (hoff@goodenough.org) or call 206-755-8404 with questions.

**COST** Your registration fee of \$250 includes:

**The weekend experience —  
The priceless natural beauty of the Sahale Learning Center, AND  
2 nights lodging    Abundant meals    All 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.

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**PLEASE REGISTER ONLINE**

[www.goodenough.org/convocation](http://www.goodenough.org/convocation)