



"God is the friend of silence."

A Day Retreat Sponsored by Namasté

"God is the friend of silence. See how nature – trees, flowers, grass – grows in silence; see the stars, the moon and the sun, how they move in silence. We need silence to touch souls."
~Mother Teresa

You are invited to share a day of prayer with women and men who desire to weave silence into the rhythm of their lives. In the relaxed and natural setting of Sequoia Retreat, our day will be woven together with ritual and prayer. This retreat is specially designed for 6-8 guests.

Facilitator: *Sister Pat McCrann*

Date: *Friday, February 26, 2010*
9:30 a.m. to 2:30 p.m.

Location: *Sequoia Retreat*
17685 S. Holly Lane
Oregon City, OR 97045

Resting on three acres of land, Sequoia Retreat is a comfortable home, easily accessible off I-205 and the Park Place/Redland exit (Exit 10). Email for directions: rswaage@q.com.

Suggested Donation : \$45-95 (Any gift over \$45 is a tax deductible donation to Namasté.)

Please RSVP by February 19, 2010

February Day Retreat Registration

Name _____ Phone _____

Address _____

Email Address _____

Registration includes Continental breakfast and lunch.

Please check here if you prefer a vegetarian lunch

Special dietary needs _____

Enclosed is \$ _____ for the retreat

Make Checks payable to: Namasté and send to:
Namasté
PO Box 86442
Portland, OR 97286

For further information, please contact:
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