



Welcome to the Montclair Presbyterian Church  
Spring Women's Retreat

## Being Awake: Finding Calm in the Storm

Saturday, March 11, 2017

Lafayette-Orinda Presbyterian Church

49 Knox Drive, Lafayette, CA 94549 ♦ Oak Room

8:30 – 9:00 a.m. Bagels, muffins, fruit, coffee, and tea

9:00 a.m. – 3:30 p.m. Retreat (including lunch)

The retreat will feature **Patricia McBroom**, a published writer and former professor of women's studies. Pat was a member of MPC for 13 years until she became a Zen practitioner in the year 2000. She will talk about what it means to find the "inner" Buddha – to awaken – and how that creates equanimity in troubling times. In wide-ranging discussions, we will consider the remarkable similarities and universal wisdom of Christ's messages and those of the Buddha. We will see how their teachings can illuminate each other. By viewing the parallels together, we may have the experience of seeing something new in a familiar saying.

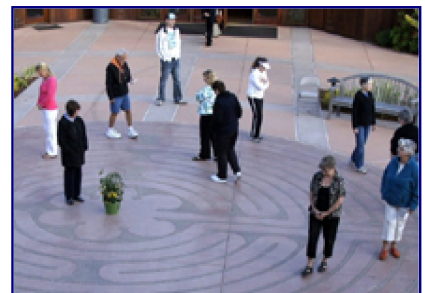
The day will include the practice of Zen meditation, as Buddhism emphasizes its importance in having direct experience, gaining insight, and discovering your true nature. To round out the day, two other guests will lead us in Tai Chi movement and spontaneous Zen art.

**Come join us as we center and ground ourselves while strengthening our connections!**

There are two **labyrinths** on the LOPC campus. One is embedded in the plaza in front of the sanctuary. The other, located a short walk behind the sanctuary, is earthen and offers a natural spirit path.

**Cost:** \$45 includes morning snacks and beverages and a tasty lunch. Please specify any dietary restrictions on the registration form. Scholarships are available – no questions asked.

**Parking** is free. We will encourage carpooling for camaraderie and earth care purposes.



**Register** on Sundays through February or contact Women's Retreat Committee members Jean Gregory (chair, [jeancgreg@gmail.com](mailto:jeancgreg@gmail.com)), Eloise Gilland ([eloisegilland@gmail.com](mailto:eloisegilland@gmail.com)), Carol Ekberg ([caroljek@hotmail.com](mailto:caroljek@hotmail.com)), Debra Stastny ([debrastastny@comcast.net](mailto:debrastastny@comcast.net)), or Brenda Steinmetz-Vallenas ([vallenasb@yahoo.com](mailto:vallenasb@yahoo.com)).