



**PALM SUNDAY CONTEMPLATIVE INTENSIVE RETREAT (CIR)
APRIL 3 - 5, 2020**

This retreat will be held at Our Lady of Guadalupe Trappist Abbey, Lafayette, Oregon. Timed with Palm Sunday, it is an opportunity to deepen your contemplative practice by sitting intimately with the experience of Holy Week. Leonard Marcel will lead our retreat, sit with us, present a talk and offer interviews. He has studied both Zen and Christian Contemplation for more than 35 years, and has been teaching since 1996.

The retreat will begin with supper at 6:00 p.m. on Friday, April 3rd, and continue all day Saturday. It will end before mass on Palm Sunday, April 5th, although retreatants are invited to attend the Palm Sunday Mass.

This retreat integrates most of the monastic liturgies into our schedule – from Lauds and Mass (6:30 a.m.), through the Day Hour (12:30 p.m.), Vespers (5:30 p.m.), and Compline (7:30 p.m.). Vigils (4:15 a.m.) is optional. Our normal sitting schedule will begin at 6:00 a.m. and conclude at 9:00 p.m. This retreat will incorporate the April first Saturday sitting from 9 a.m. until noon.

The Abbey's guest facilities limit overnight attendance to 8 people. Each retreatant will have one of the two private rooms in a guest unit, the two sharing a toilet and shower. Bed and bath linens are provided. Meals are prepared by the monks; the fare is vegetarian, simple, and balanced. If you are staying at the Abbey, please arrive well before 6:00 p.m. on

Friday night in order to check in and get your room assignment at the Porter's Lodge.

Contemplation periods will be conducted in Bethany House, which is big enough to seat about 20 of us, as well as the few monks who will sometimes join us. This means that 10 to 12 additional retreatants can be accommodated as commuters who have a place to sleep outside the monastery and who will provide their own (brown bag) meals. Commuters are expected to attend all sitting periods.

While there is plentiful sitting equipment on hand at Bethany House, you may wish to bring your own to be sure you have what you need or prefer. Dark, layered clothing is right for this occasion. Distracting jewelry and perfumes are not.

The total fee for the 8 overnighters is \$240 for Seven Thunders members, \$270 for non-members. The commuter fee is \$80. Fees are payable in full with your registration. Should you need to cancel, all but \$30 will be refunded for cancellation requests received by retreat coordinator on or before March 20; half the fee (\$120/\$40) will be refunded if received by March 27; no refund in the last week before the retreat. Partial scholarships are available to Seven Thunders members. Registrations will be made in the order of



postmark dates, alphabetically by last name within each date. When the 8 overnighter places have been filled, all but three of the remaining registration applications and fee payments will be returned. The three applicants will be notified of their status and, if desired, held on the waiting list. A similar process applies to those who choose to register as commuters.

Please contact retreat registrar **Jenny Brausch** at livinggreen@comcast.net with any questions. Please send the completed form with your check to: **Jenny Brausch, P.O. Box 3119, Albany OR 97321**. Alternatively, you may e-mail your registration to her and pay the fee online at **SevenThunders.org** (Click on the 'Contribute' tab and follow the donation process, leaving a note in the last window saying that this is your CIR fee payment.)

Please note: since the rooms will be available, the Abbey invites any 8 of us to stay on another night (Sunday night) and leave the next morning by 10 a.m.; Sunday supper and Monday breakfast included for \$35 total. This opportunity is available to retreat commuters as well as overnighters. ⚡

**REGISTRATION FORM
PALM SUNDAY CONTEMPLATIVE INTENSIVE RETREAT (CIR) APRIL 3 - 5, 2020**

- I wish to register as a full-time overnight guest of the abbey.
- I wish to register as a day commuter.

Name: _____

Address: _____

Phone: _____ Email: _____

Special needs _____

- I commit to participating fully in the entire schedule of formal group contemplation.

- Full payment of \$270 enclosed
- \$240 (Seven Thunders members)
- Commuter fee of \$80 enclosed

Donation for Scholarships \$ _____

Request a Scholarship of \$ _____

- I wish to reserve a room for Sunday night, April 5, and will pay then.