



## Benedict at the Bazaar

**24 – 26<sup>th</sup> March 2017 at Kopua Monastery**

It's never a good idea to throw out the baby with the bathwater! It's also a very helpful idea to 'replenish the bathwater' once a year on retreat. The founder of monasticism, Benedict had much to teach the folks who came to join him in the fifth century and he still does today to the myriad of us who are seeking the 'monastery within our hearts'.

During this retreat we will engage in contemplative practices to open us up to the fresh wisdom of Benedict and to the stillness, silence and spaciousness of the monastic rhythm of the Abbey.

**Venue:** Kopua Monastery, Southern Star Abbey, Takapau

**Dates:** 7pm Friday the 24<sup>th</sup> to 2pm Sunday the 26<sup>th</sup> March

**Full fee:** \$220

**Participants:** There are 8 spaces on the retreat and if you're willing to share a room, 10 spaces.

**Facilitator:** Pip Nicholls [www.thegentleartofknowing.co.nz](http://www.thegentleartofknowing.co.nz)

**Further Information/registration** by the 5<sup>th</sup> March to: Pip (04) 562 6364 or [pip.nicholls@xtra.co.nz](mailto:pip.nicholls@xtra.co.nz)