

**4 Day Advent Retreat with Cynthia Bourgeault  
St. Benedict's Monastery, Snowmass, Colorado  
Friday, December 17 to Monday, December 20, 2010**

At this holy time of year, consider giving yourself this Advent gift of silence and Cynthia's remarkable teaching. This is an opportunity to come together in this sacred valley as we prepare to enter the Mystery of Incarnation with stillness and a listening heart. Please plan to arrive at the retreat center between 3 and 4:30 p.m. on Friday, December 17. Supper will be served at 5:30 p.m. The retreat will end at noon on Monday, December 20.

The retreat will be conducted in silence after the opening circle Friday evening. Friday evening we will offer a brief introduction to centering prayer. We will close the evening with chanting and meditation. Cynthia will offer two teaching sessions on Saturday and Sunday. There will be sessions of silent meditation each day. Everyone is encouraged to attend all the silent meditation sessions. This retreat is designed to accommodate seekers at various places on the transformational journey.

The retreat center is less than a mile from the Trappist monastery in a valley of breath-taking beauty. Bring sturdy boots for walking outdoors. An "inside" pair of shoes is good to bring for times in the retreat center. We are welcome to attend Mass and Vespers at the monastery if we wish. The retreat schedule is designed to accommodate those who wish to attend liturgical services.

The phone number at the retreat center kitchen is (970) 927-1377. It can be used for contact in the event of an emergency at home. For those on special diets, the primary recommendation is to bring what you need. We would like to know if you have a food allergy so that we can discuss options with you. The staff, Beth Berkeley and Jennie Curtis, will do their best to assist these special needs, but be prepared to supplement the delicious, vegetarian cuisine by bringing what you need. Please feel free to bring food for snacks if you wish.

The retreat center has 4 double rooms and several double-occupancy, outlying hermitages (all within a few hundred yards of the retreat center.) All of these rooms and hermitages have a bath shared by the roommates. All of these rooms and hermitages are fully equipped with kitchens, bedding, towels, etc.

There is an additional outlying building called the Gatehouse. It is about one half mile from the retreat center. It has three, small, private rooms all sharing a common bath and kitchen. It is also fully equipped with bedding, towels, etc.

Room requests are welcomed and honored if at all possible. However, FINAL ASSIGNMENT OF ROOMS WILL BE MADE UPON ARRIVAL AT THE RETREAT. The cost of the retreat is \$450. If you wish to be guaranteed a private room, the cost of the retreat will be \$900 because you will be occupying a space that would accommodate two people at \$450 each. We will hold five spaces on the retreat for men.

Please make all checks payable to Aspen Chapel. On the memo line please write, Aspen Wisdom School Retreat. To register, send your \$225 deposit to Beth Berkeley, 3550 Capitol Creek Rd., Snowmass, CO 81654. Please include your e-mail address, mailing address, phone number, food allergies, and room requests. More information may be obtained from Beth Berkeley at [bethberkeley@gmail.com](mailto:bethberkeley@gmail.com) or (970) 927-3471. Your deposit is refundable only if we are able to fill your space. The remaining \$225 is due upon arrival at the retreat.

