



Pitt Street
Uniting Church

Autumn Retreat: *Moving towards Stillness*

A half day retreat for members and friends

Date: Saturday 21st March

Time: 10.00 – 1.00 (Please arrive by 9.50 for the 10.00 start)

Venue: Pitt St Uniting Church, 264 Pitt St, Sydney.

Autumn is a season of transition, and with this in mind, our Pitt St Autumn retreat will focus on moving gently from the high activity of summer into those quieter moments that winter affords us. Using simple readings, music, and periods of silence this Saturday retreat provides an opportunity to slow down, reflect, and perhaps re-orient aspects of our lives.

The retreat is designed so that you may simply attend, listen, and drift in the interleaved periods of silence; or, if you would like, you can participate in the readings and the simple quiet activities of the day. The choice is entirely yours.

The retreat has its structural origin in the words of T.S. Eliot: “. . . *Only by the form, the pattern, can words or music reach the stillness . . .*”.

In terms of philosophical themes and readings the retreat draws from a variety of sources including: Esther de Waal, Thomas Merton, Max Picard, and many others.

The music is drawn from both sacred and secular traditions on the basis of its capacity to transition gently into stillness.

During the morning, in addition to the readings and music, there will be periods of silence or silent meditation. While simple natural silence is perfectly fine, you might like to try incorporating a simple meditational technique to lead into this silence. If you already practice such a technique that's great, but if not, and you would like to learn one, then you are welcome to come along early at 9.00 to learn a very simple and easy form of silent meditation.

To facilitate the quiet and relaxed nature of the retreat we will create a comfortable and intimate circular space within a section of the church, quite different to our normal Sunday gatherings – making the familiar, new, so to speak.

We will have a quiet morning tea/coffee break around 11.15, and the retreat will end around 1.00. Weather permitting, some of us will probably wander over to Hyde Park to enjoy a simple lunch under the trees – you can bring a packed lunch with you or buy something on the way to the park.

To register: please send an email to office@pittstreetuniting.org.au The subject line should include the words “Autumn Retreat”, and in the body of the email please provide your name, contact phone number, and whether or not you would like to learn a simple meditation technique at 9.00 before the retreat proper begins at 10.00.

Please note, you are not actually registered until you receive a confirmation email from the office.

If you would like to know more or have specific questions please talk with either Sue Gehrig or Craig Linn.

A Pitt Street Uniting Church Community Group Event