



## Episcopal Convent of St Helena

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### Programs and Offerings – May thru Dec 07

\$160 full weekend program, meals, lodging; \$80 commuters, unless specified below.  
Some scholarship funding available.

#### **JUL 13-15 – [Courage for the Journey](#), a summer retreat led by Sr Veronica, OSH**

In this age of stress and disappointment, we are often without support if we do not rely on the word and promises of God. Veronica will share with you how God in God's own way has brought her through many times of distress so that she is able to communicate to others how good and faithful God is in God's words of promise to lead us all the way and not leave us comfortless or alone.

*Sr Veronica loves God and loves teaching. These loves are evident when she works with groups, sharing herself and her gifts. Veronica developed her teaching talents for many years as a middle-school teacher in Ghana, West Africa, and she continues to enjoy working with children as well as adults. Veronica is currently training in Kairos prison work so she can take the love and word of God to people most hurting for God.*

#### **AUG 24-26 – [Illuminating Darkness, Befriending your Shadow](#), an experiential workshop led by Thomas Portney. Back by popular demand, a "repeat" of our sold-out January workshop.**

Of all the inner and outer forces that disrupt our lives and prevent spiritual peace, our shadow is the most powerful. Defined by Carl Jung as the repository of all our denied emotions, fears and gifts, the shadow becomes to us an imagined Pandora's box from which we spend our life fleeing. In the end we become defeated by the leaks that emerge from shadow, attacking self and others and sabotaging our best efforts. In reality, the "beasties" of our shadow are most usable energy that can contribute to strength, creativity, and unitive experience with God. *Illuminating Darkness* will challenge participants to come back into true balance with self. Further, opportunity to anchor new learnings within a renewed sense of freedom and lightness will occur.

*Thomas Portney combines 34 years as a psychotherapist, spiritual director, and alternative healer into a form of experience designed to return each person with whom he works to their original self and their intimate relationship with God. His workshops combine a lively mix of first-hand learning and deep experiential exercises that yield great personal change. Music, movement and humor are vital elements in his workshop expressions and add spice to a paradox of diversity and unity. He is on a 58-year path of discovery himself.*

#### **SEP 14-15 – [The Revolutionary Nature of Early Oriental Christianity](#) with Dr Lynn Bauman**

([www.praxisofprayer.com](http://www.praxisofprayer.com)) Commuters \$55

Christianity is both an occidental and an oriental religion, but we in the West have lost a great portion of our oriental roots. Grounded in the Semitic and oriental heritage of the Middle East, Christianity reflects both modes. In this seminar we will explore those roots and the new discoveries that are returning to us the oriental treasures of our faith as they have originated in the teaching and wisdom of Jesus (Yeshua). Many of these are contained in newly recovered documents like the Gospels of Thomas, Mary Magdalene and Philip. Each of these moves us toward the recovery of a wisdom perspective that was the vision of the Christian East. We will examine together these treasures recently recovered from the sands of the ancient Middle East.

*Lynn Bauman is a master teacher and retreat leader, traveling widely throughout the US sharing the mystical Christian tradition and his passion for the ancient perennial wisdom that originally influenced the world's faith traditions. Lynn has written several texts on spirituality, most recently *The Gospel of Thomas, Wisdom of the Twin; In Trouble and In Wonder (a commentary on Thomas); and Ancient Songs Sung Anew, The Psalms as Poetry. Thanks to his creativity, in the 1980's Lynn developed the Anglican Rosary. His academic degrees include linguistics, ascetical theology, and a PhD in the hermeneutics of mystical discourse. His work is especially influenced by the spiritual traditions and poets of the Middle East where he and his wife, Jackie, lived for ten years.**

**OCT 20 – *From Surviving to Thriving, A Retreat Workshop for Women Survivors of Cancer*** with Dr Jacqueline Fincher and the Rev Harriette Simmons. A time for listening, for sharing with others, a time for our inner selves to "speak" creatively, and a Eucharistic service of healing. (\$45 commuters).

**OCT 29-31 – *Marking the All Saints Passage***, a silent retreat led by the Rev Cynthia Bourgeault, PhD ([www.contemplative.org](http://www.contemplative.org)) (\$150 includes presentations and lunch.) Rooted in intensive practice of centering prayer, we will explore the "Fall Triduum" – Halloween, All Saints, and All Souls – as a mirror image of Easter and a time to practice the motions of shadow work, laying down of self, and connection with the invisible reality of the Communion of Saints. Suggested prerequisite: daily centering prayer. Cynthia's presentations will be Mon-Wed in the mornings.

*Episcopal priest Cynthia Bourgeault is founder and director of the Aspen Wisdom School and principal teacher to the Contemplative Society in British Columbia. Cynthia is passionately committed to the recovery of the Christian contemplative path. She works closely with Fr Thomas Keating (see [contemplative.org](http://contemplative.org)), who says of her, "Cynthia enables each person to feel personally addressed and invited by the Divine Spirit into the spiritual journey." She also works with Richard Rohr, Fr Bruno Barnhart, and other Christian contemplative masters. Cynthia's newest book/CD is *Chanting the Psalms*, and she is currently working on a book about Mary Magdalene. She earned a PhD in medieval studies and musicology.*

**OCT 30, 6:45-9 pm – *Silence and the Forgotten Song: The Sacred Origins of Western Culture*** with Dr Peter Kingsley ([www.peterkingsley.org](http://www.peterkingsley.org)) \$20 except for Bourgeault retreatants! Limited space, pre-register in advance. Bring a yoga mat or blanket for meditation.

Everything that exists is rooted in the sacred. Not only does religion have a sacred origin. So does Western science and rationality and, in fact, the whole of Western culture. But forgetfulness of this fact is the great tragedy that has brought our world to the edge of self-destruction. Peter Kingsley will tell the forgotten story of our own culture and lead us into the still, sacred space out of which Western civilization was born over two thousand years ago. He will introduce and demonstrate the ancient practice of incubation — of lying down in surrender to the Divine. This remarkably simple and potent practice, familiar to people in Greece and the Near East and also to many Christians, provides a way not only for entering the divine presence but also for bringing the incredible riches and wisdom of that presence back into this world of forgetfulness.

*Peter Kingsley is internationally recognized for his groundbreaking work on the sacred origins of western culture, philosophy and science. Through his writings as well as lectures, he speaks straight to the heart and has helped to transform many people's understanding not only of the past, but of who they are. He is the author of three books which, in the space of only a few years, have exerted profound and far-reaching influence around the world. He also offers sensitive guidance in the mystical practices used by ancient Greeks and early Christians. Peter and his wife, Maria, live in north Georgia. He is a Research Associate at Emory University in Atlanta, as well as an honorary Professor at the University of NM and at Simon Fraser University in Canada.*

**NOV 9-11 – Associates Weekend, *The Lady Helena*** presented by OSH Associate Harriet Speer.

**DEC 7-9 – *Advent Retreat*** with the Rt Rev Charles Duvall, retired Bishop of the Diocese of Central Gulf Coast

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Program Weekends and Individual Retreats: **Registration and non-refundable deposit of first night's stay are required in advance.** Contact office manager, Laura Ann Whitaker, at 706-798-5201, Ext 1, Monday-Friday between 9:00 and 2:00, or email her at [augustaconvent@comcast.net](mailto:augustaconvent@comcast.net). All lodging includes meals. Registration deadline is **three weeks prior** to event. For additional details, please see our website, [www.osh.org](http://www.osh.org).

*The Order of St Helena is a religious order for women in the Episcopal Church which witnesses to a contemporary version of traditional monasticism. Sisters take the three-fold Vow of Poverty, Celibate Chastity, and Obedience and live in community. Their lives are dedicated to prayer and service. Sisters of St Helena have maintained a convent in Augusta since 1962. Everyone is welcome at all services of worship and at all St Helena programs. The Eucharist is celebrated daily except Wednesdays: M, T, Th, F at 7:30 am; Sat and Sun at 8:00 am.*