



## **Advent Retreat: Incarnation as Practice**

***A time of rest, renewal, embodiment & stillness***

**Thursday, December 3 – Sunday, December 6, 2020**

**This is an online-only retreat using the Zoom platform.**

*Come, let us walk in the light of the Lord! ~ Isaiah 2:5*

During this 3-day retreat, we will practice Incarnation through intentional silence, solitude, listening, resting and stillness. This retreat is about spaciousness – giving ourselves over to extended, open time just to be with God in prayer, in nature, in walking, music, reading and the silent company of others on retreat. It is an invitation to lay down our ordinary life to experience the extraordinary right-now presence of God during this sacred time of the year. The retreat will include periods of Centering Prayer, music as a vestibule to prayer, simple prayerful gestures, *Lectio Divina*, optional soul-friending and time for reflection and journaling.



Pamela Begeman

The retreat will be facilitated by Pamela Begeman. Pamela is a commissioned presenter of both Centering Prayer and the Welcoming Prayer. She co-creates and facilitates many of the Contemplative Outreach world-wide online retreats, programs and publications. She is also one of the creators and editors of The Contemplative Life Program, a series of 40-day booklets on contemplative practices and dispositions. Her daily spiritual practices root her in the present and Presence while being an active wife, mother and professional. Pamela coordinates communications, technology and programs for the international office of Contemplative Outreach and lives in Austin, TX. She also serves on the steering committee of The Meditation Chapel, a Zoom-enabled worldwide prayer chapel for people of all practices and spiritual traditions.

*Your bodies are temples of the Holy Spirit, who is in you,  
whom you have received from God.... ~ 1 Corinthians 6:19*

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**Registration online is required.** This is a free retreat, open to all. A donation of \$40 is suggested. All donations are gratefully accepted and may be made online when you register.

**Please register online by December 1, 2020** at <https://cosa-contemplativeoutreach.org/2020-advent-retreat/>  
For more information, visit our website <https://cosa-contemplativeoutreach.org>