



Advent Retreat: Incarnation as Practice
A time of rest, renewal, embodiment & stillness
Thursday, December 2 – Sunday, December 5, 2021

This is an online, Zoom-enabled retreat.

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

“Let there be light,” is the transcendent creative light that is present as the basic energy of everything that exists. ... It is that light that is the source of the spiritual nature of our being. It is that light that dwells in us as our inmost spiritual nature and ... shows us exactly who we are and the true state of our relationship with God.

– Thomas Keating, *Consenting to God As God Is*

This online retreat is an entry into an intentional Advent where we are invited to pause, listen, reflect, and be renewed in our relationship with the Indwelling Presence through prayerful, silence, solitude and community.

During this three-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 lots of open time *offline* for reflection, resting, journaling, art-making or whatever stimulates your child-like wonder.



Pamela Begeman is a commissioned presenter of both Centering Prayer and the Welcoming Prayer. She co-creates and facilitates many of the Contemplative Outreach worldwide 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, grandmother and professional. Pamela serves as communications and program coordinator for the international office of Contemplative Outreach and lives in Austin, Texas. She also serves on the executive committee of [The Meditation Chapel](#), a Zoom-enabled worldwide prayer chapel for people of all practices and spiritual traditions. She loves hiking, hugging trees, dogs, bubbles and art-making as spiritual practice.

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

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 November 30, 2021 at <https://cosa-contemplativeoutreach.org/2021-advent-retreat/>
For more information, visit our website <https://cosa-contemplativeoutreach.org>

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