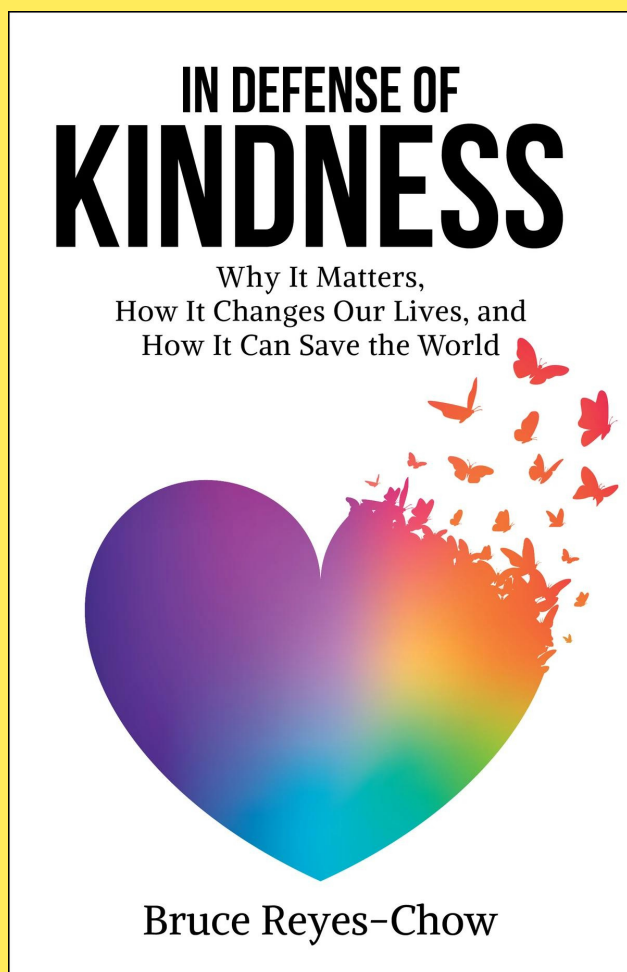

Clergy Retreat

Recharge for **2022**



Begins Feb 7 @ 3 p.m.
Concludes Feb 9 @ 11:30 a.m.

**St. Benedict Center in
Schuyler - On-site
Room & Ammenities!**

Yoga/Meditative Stretching (Bring a Mat) ←

★ **Opening/Closing Worship w/ Communion**

Morning Meditations & Evening Vespers

Massages & Light Therapy ←

Rev. Bruce Reyes-Chow will lead us in 4 Sessions using In Defense of Kindness as a resource:

- Defining Kindness: What does kindness mean and NOT mean?
- Kindness and Our Souls: How do we see kindness as acts of self-care and healing?
- Kindness and Other Humans: What does it mean to extend kindness to those around us?
- Kindness and the Common Good: How can we envision kindness as a discipline that changes the world?

In-Person \$200 — Virtual \$125

[CLICK HERE TO REGISTER NOW!](#)
