

Cost

The total cost for the entire weekend, including all meals, overnight lodging, and meeting rooms will depend on how many Prairie members and friends attend, and which rooms are reserved. There are single, double and triple occupancy rooms, some with private and some with shared bathrooms. We are hoping for from 15 to 20 attending. If this is the case, the cost per room, will vary from approximately \$200 to \$350. Keep in mind that this amount is per room, and includes all meals. So, multiple room occupants could split this total cost. Final costs will be determined by mid July.

Directions

Take I-25 to Woodmen Rd (Exit #149)...exit West on Woodmen Rd. At 3rd light turn right and continue on Woodmen Rd 3.5 miles to entrance of Mr. St. Francis. Follow signs to Retreat Center.

*Go to the FRC website for more information:
www.franciscanretreatcenter.org*

Contact Dave or Fran Lukaszewski, or Rev. Jann Halloran for more information and to sign up. All reservations must be made by mid July, 2018.



Prairie Unitarian Universalist Church | 7424 S. University Blvd., E-135,
Centennial, CO 80122

HEART TO HEART

**“Experiencing What it Means to be a
True Community”**

A Prairie Spiritual Retreat



*Welcome to a peaceful, beautiful setting in the
foothills of the Colorado Rockies, located on the
western edge of Colorado Springs...but a world away
from the city.*

*August 31, September 1 & 2, 2018
Friday 3pm thru Sunday 1pm*

Why Are Retreats Important

The word "retreat" comes from the Latin verb, "to pull back." You withdraw from your normal life, pulling in all the energy otherwise spread out in multiple directions. This process can be very inspiring and re-energizing. There is no rush, allowing yourself time to connect with flow, genius, and deep thought. In times of silence, you can listen to the quiet in your own heart, and better connect with other hearts in your community. You can temporarily drop your life roles, and discover who you really are, breathing life back into your life.

Highlights of Our Time Together

We will spend time alone and together, enjoying peace and quiet, and doing mindful activities, walks, meditations, with silence and with music, including a 'gong bath.' Here are a few other possible activities that you will likely experience: early morning walks, yoga exercises, labyrinth walks, meditation at the reflection pond, creative artwork, group singing, special readings, no-conversation activities, and guided meditations.

Lodging & Meeting Rooms



We will be staying in Marion Hall, which has two floors, 24 beds, and three meeting rooms. Our lodging rooms will all be on the first floor, and most of our meetings will be in the Bonzel room, on the ground level.

Meals

We will be served dinner on Friday evening, three meals on Saturday, and two meals on Sunday in their lovely dining room, which can accommodate up to 125 guests. Special diets can be accommodated.



Location & Activity Features

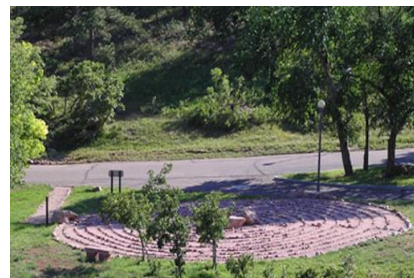


The Gong is one of humanity's oldest therapeutic instruments, and is used in yoga, sound meditation, and vibrational therapy from the distant past to present. The Gong Bath is an ideal tool for stress reduction, and as a facilitator to break up emotional blockages. Yoga master Debra Wilson and music partner, will perform.

Deer and other wildlife can be seen wandering around the grounds, especially in the morning and evening hours.



The Peace Park and 'Meditation Pond' are favorite spots for sitting quietly, watching and listening to the sounds of nature.



One of the many spiritual places at the retreat center, is the Labyrinth. It requires a strong meditative focus to complete.