

Sacred Pause



“Learn to live
with the spirit of hours
in your heart.”
–*Macrina Wiederkehr*

Women’s Retreat Lake Shore Baptist Church

February 19-21, 2010
Cedarbrake Retreat Center
Belton, Texas



Lake Shore Baptist Church
5801 Bishop Drive
Waco, Texas 76710

RETURN SERVICE REQUESTED

midnight . . . dawn . . . midmorning . . . noon . . . midafternoon . . . evening . . . night



Sometimes
the most important thing
in a whole day
is the rest we take
between two deep breaths,
or the turning inwards
in prayer
for five short minutes.

– *Etty Hillesum*

For more information about Cedarbrake,
including directions, visit the website
austindiocese.org and go to “retreat center.”

Every hour is sacred. But special times have been hallowed by centuries of devotion and prayer. Each hour has its own unique mood and special grace.

midnight
dawn
midmorning
noon
midafternoon
evening
night

In her book *Seven Sacred Pauses*, Macrina Wiederkehr invites us to pause, pray, and live in the spirit of each hour and within the rhythm of day and night. God gives us twenty-four hours over and over again. The practice of making a pilgrimage through the hours can lead us to a greater awareness of the blessing of each day, each hour, each moment.



"I cannot cause light. The most I can do is put myself in the beam of its path." –Annie Dillard



"O Spirit of the Circling Hours, work through me that I may be your love poured out." –Macrina Wiederkehr

Lake Shore has a rich history of women's retreats. Our retreat weekend is always a "pause" in our lives to attend to the sacred in community, reflection, worship, meals, and friendship. This year we will "pause" seven times in different ways to pay attention to the gifts of the hours. In between, you'll have time to walk the labyrinth, read, visit . . . lots of options!

Schedule

Retreat begins with supper on Friday night and ends at noon on Sunday.

Accommodations and Cost

\$110 for a single room

\$85 per person for a double room

Rooms are near the lodge where we will meet and eat. Price includes two nights' lodging, five meals, and a copy of the book *Seven Sacred Pauses*.

Registration

Register by February 10 by returning the registration form on this brochure, along with your check to the church (made payable to Lake Shore Baptist Church with Cedarbrake in the memo). You may also print this brochure online at lakeshorewaco.org.

Transportation

Once everyone is registered we will send directions and travel options.

"Sacred Pause" Women's Retreat Registration Form

Please return to Lake Shore Baptist Church by February 10.

Name _____ Phone _____

Address _____

Email Address _____

Room Single (\$110) or Double (\$85) I will room with _____
(includes two nights lodging, five meals, and book.)

I would like more information about receiving a scholarship.

I would like to give \$_____ extra to help provide a scholarship.

I have enclosed check/cash for \$_____. Please make checks payable to Lake Shore Baptist Church.