

# Discovering God at Home



Thursday, June 11  
9:30 a.m.-12 noon

During this Retreat House Quiet Day, we will look at our everyday activities in a whole new way. Guided by Gunilla Norris' book, [Being Home](#), we will take time to notice the Spirit in the simple things we do all the time.

In 4-5 mini-sessions, we will use the activities themselves to examine their relationship to the Divine. What new thoughts or sensations could we have while walking or preparing a meal? How might our everyday activities serve as metaphors for bigger things in our lives?

The Zoom session will include time for introductions, readings and discussion. Each mini session will include instruction that is focused on a specific daily activity and everyone will step away from the screens for a period of time to complete the assignment. Upon returning, we will share our experiences. The last session will be focused on preparing our lunch!

**Register online** at <https://bit.ly/QuietReg>, or by email to [info@retreathousehillsboro.org](mailto:info@retreathousehillsboro.org). Once you register, we will send you the Zoom meeting link. A suggested donation of \$30 per person will be appreciated; payments can be made with online registration or by check. As always, everyone is welcome to attend, regardless of finances.



**ABOUT THE RETREAT LEADER:** Julia Morris-Myers loves discovering the sacred in everyday life. She is a musician, teacher and spiritual director on the Eastern Shore of Maryland, where she lives with her husband and assorted pets. Julia is the Director of Music at St. Paul's Episcopal Church in Centreville and has certificates in leading groups and in spiritual direction from the Shalem Institute in Washington, DC, and Bon Secours Retreat Center in Marriottsville MD.

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