

**Silent Retreat
Marie Joseph Spiritual Center
May 29 to June 1
Starting Friday at 5:00 pm
and ending Sunday or Monday at 1:00 pm**

Facilitated by Jack Seery

Silence is the way into a deeper oneness with yourself and that which is the Source of all that is. It is the path to a refreshment of soul as you experience the Presence in the inner depth of oneself and the beauty of nature that surrounds you. This has been a transformative experience for many of us. **Is it time for you to go deeper into the Mystery?**



Silent Retreat option:

Option #1 – Friday 5/29 at 5:00 until Sunday at 1:00pm. Total Cost: \$290 (half payment of \$145 due February 28)

Option #2 – extends the above until Monday at 1:00pm. Total Cost: \$410 (half full payment of \$205 due February 28).

As a participant, you will have a private room and all meals provided. (Special dietary needs additional cost). Each person creates his or her own schedule for the day. During this time, Jack is available for guidance and support as needed. A communal silent meditation will be available and is optional.

The next step is to register... on the bulletin board at Unity, email Jack at jseery53@gmail.com or call the office at 207-893-1233 and leave a message. Make check out to Unity Center for Spiritual Growth.

Need help making a decision...think about this!

- Two days in prayerful silence.
- On the ocean at Marie Joseph Spiritual Center at Biddeford Pool
- Opportunity for Spiritual Direction

Jack's Bio:

Having been a Jesuit priest for 25 years, I bring a wealth of experience to this process. Over the years, I have guided many people during eight and thirty-day silent retreats. The participants in these retreats were men and women, lay and Religious, and from various spiritual traditions. I have a deep conviction that there are many paths into the Sacred Mystery.

An opportunity to give a love offering will be made available at the conclusion of the retreat.