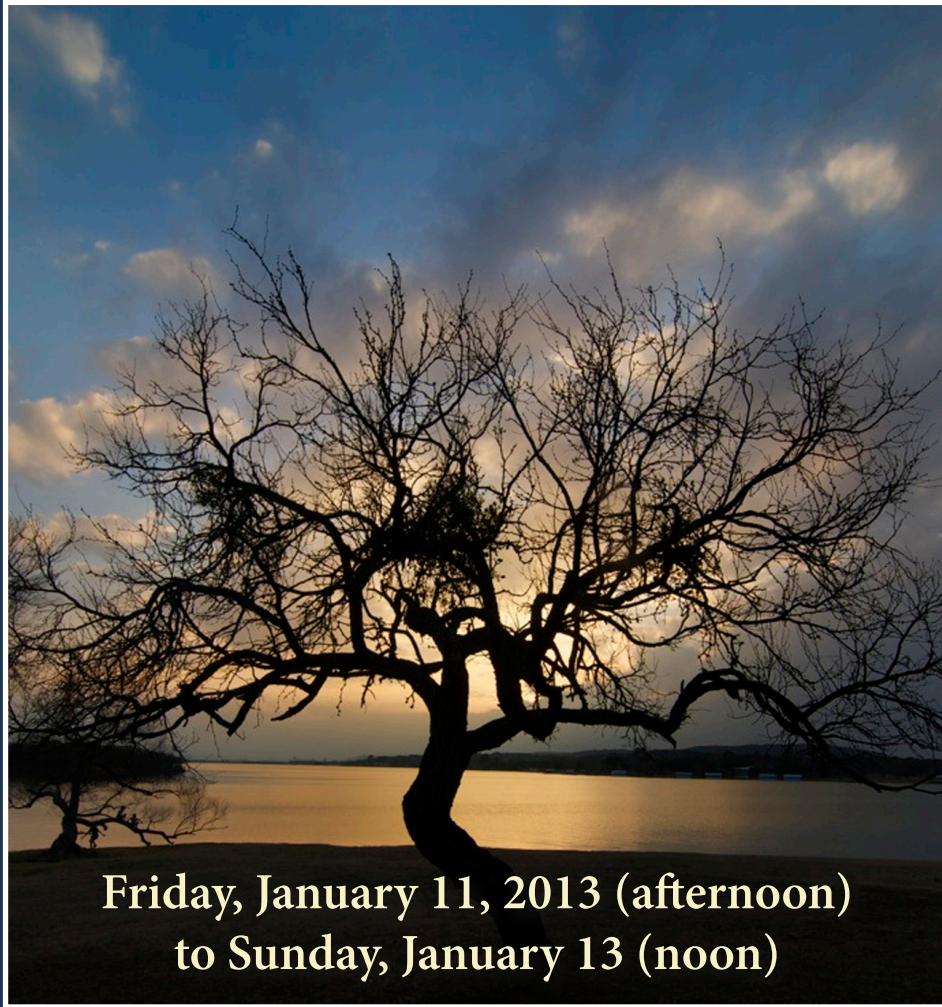


# INTO THE QUIET

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## A Winter Retreat Weekend

- at St. Columba's Retreat House, Inverness CA -



**Friday, January 11, 2013 (afternoon)  
to Sunday, January 13 (noon)**

The world in winter is a place of hushed sounds and muted colors. Gone are the riotous color and dancing leaves of the fall. Trees are bare, bulbs are planted but waiting underground for spring. There is a sense of silence, of a great quieting down and with it an invitation to quiet ourselves and listen more carefully to our hearts and to the Holy.

Please join us as the new year begins for this contemplative retreat, which will incorporate times of silence and solitude with guided group sessions. Spiritual direction sessions will be available.

Retreat facilitators are spiritual directors Helen Cepero, Cecilia Tonna, Jamie Knutsen & Julie Miller.

Register on our website ([www.journeycenter.org](http://www.journeycenter.org)) or by calling us at 707-578-2121. Pre-registration is required.

Cost: \$180 (includes meals, lodging and the retreat itself)

