

Embracing the Wisdom of the Dark

A Winter Day of Mindfulness

Saturday, Dec. 9, 2017, 10:00 AM - 3:30 PM

Quimper UU Fellowship, Port Townsend

Our annual journey through the seasons, our earthly pilgrimage around the sun, carries us through cycles of darkness and light that are equally important to the realization of our human wholeness. Birth and Death, Youth and Old Age, Strength and Vulnerability, Joy and Grief, all speak to the reality of transience that flows through the heart of Life.

The winter solstice season offers an invitation to build a renewed intimacy with the Wisdom of the Dark. Mindfulness offers powerful tools for embracing that Wisdom. Practicing Community offers the encouragement we need to meet the world's suffering with robust and resilient hearts.

Quimper Unitarian Universalist Fellowship is pleased to host this Day of Mindfulness, led by mindfulness teacher and Zen practitioner Kurt Hoelting. These retreats are open to seasoned practitioners and beginners alike. An orientation for beginners will be held at 9:00 AM, before the retreat.



Kurt Hoelting is a mindfulness teacher, writer and wilderness guide. He has led mindfulness-based wilderness retreats in Alaska since 1994 through his guide company Inside Passages. He teaches Mindfulness-Based Stress Reduction (MBSR) to veterans at Seattle's VA Hospital, and at the Samaritan Center of Puget Sound.

To Register: send full name & email address to “mindfulness@quuf.org”, or call 360-302-1980, by Dec. 3rd. Further retreat details will be sent to you.

Suggested Donation: \$15 - \$25, at the door. All are welcome, regardless of ability to pay.