



## PEACE HILL CONTEMPLATIVE COMMUNITY

Summer 2023 Newsletter



*Registration open*

### **Collective Care Retreat: A Practice of Embodied Rest**

Saturday June 24, 2023 | 9:30AM–2:30PM  
Avila, 711 Mason Road, Durham

This retreat is designed to provide rest and reconnection for activists, social change agents, and those creating a positive impact in our world. Participants will engage in an intention setting ceremony, receive healing practices for physical, mental, and spiritual nourishment, and practice mindful movements to remind the body of its innate wisdom.

Facilitated by **Shakira Bethea** and **Grace Wakeman** with The Opal Collective <https://www.opalcollective.org/> and sponsored by Peace Hill.

For more information and to register: <https://rcwms.org/event/collective-care-retreat-a-practice-of-embodied-rest/>

*Registration open*

### **Sounds of Silence, Music, and Spirit**

Friday, June 30<sup>th</sup> @6 pm–Saturday, July 1<sup>st</sup> @4 pm  
Avila, 711 Mason Road, Durham, NC

The **Sounds of Silence, Music, and Spirit** is an overnight retreat offering participants an opportunity to slow down their pace, to gather for thoughtful listening to each other and the natural world, to enjoy nutritious communal meals, and to restore energy for work in the world. Teaching and practices grounded in the Celtic traditions of spirituality will serve as source material for the retreat. Participants might consider reading *Listening for the Heartbeat of God* by John Philip Newell prior to the retreat.

The retreat facilitator will be **Terry Allebaugh**, a graduate of The Living School Program of the Center for Action and Contemplation and currently a participant in John Philip Newell's The School of Earth and Soul.

<https://www.earthandsoul.org/school-of-earth-and-soul>

Live music along with music videos with footage of Scotland and Ireland will be presented on Friday evening by **Bill Leslie**, composer and performer of Celtic-inspired songs and former anchor with WRAL. <https://billleslie.com/>

For more information and to register: <https://rcwms.org/event/sounds-of-silence-music-and-spirit/>



*Registration soon, Save the Date*

### **Blessed & Beautifully Broken: A Spa Weekend for the Soul Experience**

Friday, September 29<sup>th</sup> @5:30 pm–Sunday, October 1<sup>st</sup> @noon  
Avila, 711 Mason Road, Durham



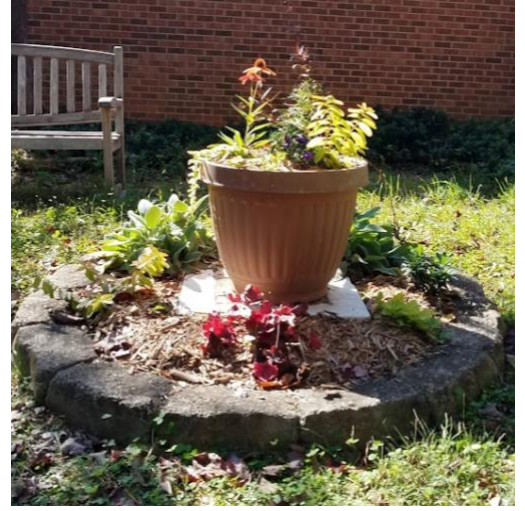
Participants will experience specially curated opportunities to relax, restore and explore their intrinsic beauty, as they are led through a variety of holistic mediums and techniques such as: meditation, guided imagery exercises, breathwork, journaling, large and small group community sharing, as well as individual time and space, in which to encounter one's sacred center of the soul.

Facilitation will be by Shirli Hughes, a noted motivational speaker, workshop facilitator, Certified Reiki Master and spiritual director. She is also a published author, songwriter, composer and sought after pianist, arranger, choral conductor and solo vocalist.

Shirli regularly leads Peace Hill morning silence meditations. Peace Hill is delighted to welcome her to Avila for this spa weekend for the soul experience.

The invitation to register will be posted soon!

As one of the partner programs at Avila, Peace Hill has made a commitment to tend several of the garden areas onsite including the labyrinth. We are developing a list of those who are interested in digging in the dirt, weeding, and generally helping to keep these spaces beautiful throughout the year. If you are interested, please email [terry.allebaugh@gmail.com](mailto:terry.allebaugh@gmail.com). Email notices will be sent out to this designated group when gardening needs or workdays are scheduled.



**Sister Evelyn Mattern was one of the co-creators of Peace Hill.** She was a Roman Catholic nun who worked for social justice in North Carolina, focusing on a myriad of issues, including poverty, farmworker's rights, gender equality, ending war, and protecting the environment. She was known and regarded for her life of contemplation and activism. Additionally, Sister Evelyn authored books on women mystics, the beatitudes, and the lives of women in ministry. Pictured here in 1985, she died in 2003. Her spirit continues to animate Peace Hill at Avila. For more information on her life and work, click on the link below.

<https://rcwms.org/foremothers/sister-evelyn-mattern/>

We close out the summer newsletter with a quote from Sister Evelyn:

*"Unless action arises from spirit, it's empty. And if spirit claims all the territory and never gets its hands dirty in the marketplace, it too is empty. I don't know that I've integrated those things. But I've quested after it."*

May we do likewise.