



Remembering Jim Dykes

A long-time Peace Hill leader, supporter, and participant, Jim died unexpectedly in his sleep at his home on May 1, 2024. Jim worked over 20 years as an integrative health physician before retiring to answer a call to farming as a part of the Potluck Farm Community north of Durham. His *Hundred Acre Wood Farm and Sanctuary* was his passion and joy.

Jim hosted Peace Hill retreats at his farm, was a regular participant with Morning Silence, and a few years ago, led a retreat on Taoism at Avila. His stories of connection and loss with the animals that populated the farm were particularly poignant and will be long remembered by Peace Hill folks.

Jim’s family has invited the community to a **celebration of his life to be held June 30, 2024, at 3:00 PM at the Carriage House, 3110 Jones Ferry Road, Chapel Hill, NC.** Mel Williams will be presiding. For more information: <https://www.hallwynne.com/obituaries/james-dykes-md>

Seasons Within, Summer 2024

June 21st from 9 am – 3 pm at Avila Center,
711 Mason Road, Durham NC 27712

Costs: \$35, includes lunch.

Facilitator: Phil Mathews, Peace Hill Board of Directors

Participants gather on the solstice and equinox to acknowledge, integrate, and celebrate the silent changes in nature and within our own beings. Attendees have the opportunity to experience transformation through silence, stillness, journaling and sharing during these gatherings.

To register: https://app.aplos.com/aws/events/seasons_within_summer



Ongoing (free) events by Peace Hill

Morning Silence is a twice monthly gathering on zoom on the first and third Wednesdays of each month from 8 – 9 am. The time includes a short teaching, prayer, poem, guided mediation, or contemplative direction and two 20-minute sessions of collective silence, concluding with a time of sharing. The zoom link is sent with a reminder a few days before each session.



Breathing Space is a recurring opportunity that takes place at Avila, 711 Mason Road on the second and fourth Fridays of each month from 4-5 pm. With guidance from Peace Hill associates, participants come together to stop, breathe, and experience stillness at deeper levels. Meditation, prayer, nature walks, noble silence, reflection, and music are some various practices engaged in these sessions. Sessions end with a brief time of sharing. No registration needed; simply show up at Avila. Posted signage will direct to that week’s meeting space.

A Brief Respite is a monthly series tailored for nonprofit leaders offering a chance to slow down for a moment, be still and be connected to the essentials of air, ground, sky, and one another. Participants gather at Avila, 711 Mason Road Durham from 10 am – 1 pm with lunch provided. There is no charge, but registration is required.

Email terry.allebaugh@gmail.com for more information.

Mark your calendar for **Treasure Buried in a Field: An Exploration and Experience with Celtic Spirituality, October 24th – 26th, 2024**

A two-night retreat at Avila led by Terry Allebaugh with meals prepared onsite by Chef Milton Brasher-Cunningham. Registration link to be available soon.

Visit our website: <https://peacehillavila.org/>