

UPCOMING EVENTS

EPISCOPAL CONVENT OF SAINT HELENA

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“St Helena Series for Spiritual Growth”

The sisters of St Helena are partnering with local Episcopal churches to provide you with ongoing opportunities to hear nationally known spiritual teachers. We see this as a great way to establish relationships between Augusta parishes and OSH, and we're thankful to have larger church spaces for future programs. Take a look below at our first two “St Helena Series” events, and do join us! All registrations are to be made through the Convent of St Helena.

February 2012: **LIGHT UPON LIGHT: An Introduction to Islam, Sufism and Rumi** with the **Rev Lynn C Bauman, PhD**. Dates are February 10–12, 2012. Program cost \$125 with \$65 deposit. Program location: the Convent of Saint Helena.

Islam is a sister faith, a younger member of the Abrahamic tradition to which Christians belong. At the moment there is tension among members of this larger family, much of it based on ignorance. The purpose of this seminar will be to explore the parameters of the Islamic tradition, but more importantly to explore its inner richness and mystical tradition called Sufism, and learn from some of its most magnificent and visionary mystics and poets such as Jalalludin Rumi. If you have the **Essential Rumi** by Coleman Barks, bring it with you. If you want a good introduction to Islamic tradition, read Karen Armstrong's book, simply called **Islam: A Short History**. For full details and Lynn Bauman's bio, see <http://www.osh.org/events.html>, www.praxisofprayer.com and www.TheOOOW.com.

In October: **BIBLICAL WISDOM FOR POST-BIBLICAL TIMES – Learning to Read the Bible Like A Mystic** with **Rabbi Rami Shapiro**, October 12-14, 2012. Program location: St Augustine's Episcopal Church in Augusta.

The Bible doesn't speak in one voice, and different voices speak to us at different times. According to Rabbi Rami, the Voice of Wisdom, the Voice of Proverbs, Job, and Ecclesiastes is a voice speaking to many in our time. In this workshop, Rami will help us hear this voice and discern for ourselves what She has to teach.

Rabbi Rami is the author of six books on the biblical Wisdom Tradition, notably, *The Divine Feminine*, *The Way of Solomon*, *Ecclesiastes Annotated and Explained*, *Proverbs Annotated and Explained*, and *Ethics of the Sages*. For full details and more about Rabbi Rami, see www.rabbirami.com and <http://www.osh.org/events.html>.

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AWAKENING TO THE HEALER WITHIN, a mini-retreat offered twice by Sr Linda, OSH. Choose from Saturday, February 25, 9:30–11:30 am or Monday, April 2, 6:30–8:30 pm. We will awaken to the nurture and comfort of our Inner Healer by praying with two forms of contemplative prayer. One is “the Welcoming Prayer,” a silent prayer for use in any situation causing emotional disturbance and fleeing of emotions. The second practice, “Hand-in-Hand,” is a simple, profound practice of self compassion for use during your most difficult times of pain or suffering. **Program fee of \$25** is to be paid when you make your reservation. This program will benefit both women and men, and we encourage your participation in at least one of them. Please **arrive 15 minutes early** to settle in, and eat breakfast or supper before your arrive.

ICON WORKSHOP 2012 led by **Fr Damian Higgins**. Wednesday, February 29, 7:00 pm: an introduction to iconography, \$15 per person. Thursday morning, March 1 – Sunday afternoon, March 4: Hands-on learning and writing (painting) icons. \$375 with \$187 deposit, meals included. Registration deadline is February 22. All materials are provided and each participant will be able to complete an icon. No previous experience or art training required. Register soon as space is limited to eleven people. Guest house reservations are a separate expense.

The monthly **WISDOM GROUP** continues its gatherings at the convent. We continue to feel enthusiastic about learning from Adyashanti, a spiritual teacher who emerged from the Zen tradition yet draws on all great spiritual traditions. Adyashanti's focus is on realizing one's True Nature. See www.adyashanti.org. His talks have been recorded since 2003, and we watch and reflect on one DVD at each gathering. We meet at the convent one Saturday per month from 9:30 until noon. Upcoming dates are February 18, March 10, and April 14. If you'd like to attend these gatherings, please contact Sr Linda at 706-798-5201 ext 224 or sisters@osh.org.

Please see www.osh.org for additional program information.

REGISTRATION FOR PROGRAMS AND ACCOMMODATIONS



Register for all events and overnight accommodations through the convent guest office at 706-798-5201, ext 1, or augustaconvent@comcast.net. A deposit is required to hold your reservation. Program deposits are one-half the program cost. Guest house reservations are \$60 per night per person, with a deposit of \$60 required. Guest deposits are nonrefundable but are transferrable unless otherwise stated. Please make checks payable to "OSH" and mail c/o Guest Registrar. Overnight accommodations include three meals daily. Day programs include lunch. When you register, please be sure to give us your daytime phone number and your email address, if applicable.

Please register early for accommodations and programs as your financial contributions are our means to afford fine outside speakers such as the Rev Dr Lynn Bauman and Rabbi Rami Shapiro in 2012. See www.osh.org for program information in much more detail.

CALLING ALL WEARY CLERGY! We offer you one free night's stay in our guest house. Take a break and get away for a time of rest and refreshment, to soak up the peace of Gregorian chant, walking in the woods and being among friends for whom spirituality is central to life. As you know, several sisters are gifted spiritual directors who'd be happy to meet with you during your stay.