

UPCOMING EVENTS
EPISCOPAL CONVENT OF SAINT HELENA

3042 Eagle Drive, Augusta GA 30906-3326

706-798-5201 ext 1 augustaconvent@comcast.net <http://www.osh.org>

AWAKENING TO THE HEALER WITHIN

with **Sister Linda, OSH**

Saturday, February 25, 9:30 - 11:30 am

or Monday, April 2, 6:30 - 8:30 pm

Today, 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. In this practice, you'll learn to stay with and feel your emotions rather than flee them. What a challenge; yet once you offer true inner hospitality to a rough emotion, it lets go of you.



I named our second contemplative prayer, "Hand-in-Hand," a simple, profound practice of self compassion for use during your most difficult times of pain or suffering. At its best, Hand-in-Hand is the felt experience of the Divine Presence accompanying you and transforming your loneliest, most frightened feelings of separation into an honored, intimate partnering with your Divine Healer.

Each participant will receive a take-home binder containing contemplative practices, poems, art work and a bibliography of materials to accompany you through Lent, Holy Week and onwards. Dress comfortably and be sure to eat before you come to the convent.

***Program fee of \$25** is to be paid when you make your reservation. This contemplative program will benefit both women and men, and I encourage your participation in at least one of them. We will commence on time, so please **arrive 15 minutes early** to settle in. I have on-purpose scheduled the two programs to fall on the Saturday following Ash Wednesday (February 25) and on the Monday in Holy Week (April 2). For registration and accommodation information, see Page 2 or <http://www.osh.org/events.html>.

Sister Linda Elston has been with the Order of St Helena since 2002. She enjoys planning guest events, particularly those about healing, spiritual growth and Jesus (her love). She also likes learning and talking with people as they move into freedom. Linda facilitates the Wisdom Group each month and says that day is her favorite day each month. During the last year and a half, Linda has preached quarterly at convent Eucharists, and she finds that work terrifying and tremendously rewarding. For fun, Linda cooks, walks outdoors, meets with friends, and reads light-weight murder mysteries.

The notion that God is absent is the fundamental illusion of the human condition.

Thomas Keating

Register for programs by email or phone: augustaconvent@comcast.net or 706 798 5201 ext 1. Your reservation will be completed when we receive your deposit. Please be sure we have your email address and phone number. Thanks for being prompt with your deposits as reservations are confirmed in the order in which deposits are received. Make checks payable to "OSH" and mail to: Convent of St Helena, c/o **Guest Registrar**, 3042 Eagle Drive, Augusta GA 30906-3326.

For overnighters: Our guest houses are named Ascension House and Jo's House. We do our best to provide single rooms when requested, but we cannot guarantee that. Guest house rooms have either two twin beds or one queen bed. We can house a maximum of 11 people. The cost is **\$60 per night. Your deposit of your first night's stay (\$60) will confirm your reservation.** Breakfast makings will be available at the guest houses, and a light supper will be served for overnight participants who wish to partake.

For large events that overflow our guest houses, here are suggestions of Augusta hotels. Make your own reservations; a continental breakfast is served at each hotel listed.

(Looks nice from the road, not in a noisy area; this is where we would stay.)

Day's Inn, all rooms no smoking, near good restaurants

3654 Wheeler Rd, Augusta GA 30909

706 868 8610, between \$50 - \$55 per night, plus tax

Ten to fifteen minutes' drive to convent via I-520

(Closest - 1 mile from convent, near busy street intersection)

Quality Inn South, near fast food restaurants

2926 Peach Orchard Road, Augusta GA 30906

706 793 3306

If you say you are attending an Order of St Helena function, \$60 nightly, including taxes

(Nice - Ten to fifteen minutes' drive to convent via I-520)

Double Tree (by Hilton Hotel)

2651 Perimeter Parkway, Augusta GA 30909

706 855 8100

\$103 to \$109 per night plus taxes

Please see <http://www.osh.org/directions.html> for directions to the Convent of Saint Helena. And see <http://www.osh.org/events.html> for further guest information and typical chapel service/meal schedules. You are welcome to all services and to receive Eucharist with us. You'll have a chance to hear Gregorian chant during the Offices; sing with your side once you've gotten the hang of "how the Office works," or just close your eyes and listen and receive. If you do not currently receive our quarterly e-newsletter, the **saint helena**, and would like to subscribe, please email our office manager at augofficemgr@comcast.net. The newsletter always contains an up-to-date list of upcoming events at the convent. Please share this flyer with your friends and associates.

**Thank you and we look forward to your company.
Blessings on your day!**