



Saturday, March 2, 2019 | 9:30 am-5:00 pm | \$50 | All women welcome

A Day Away: Balance Led by Oblates Camille Banks and Mary Hoddy

In our fragmented, fast-paced world, what can we learn from a sixth century monk? The *Rule of Benedict* offers ancient wisdom to contemporary seekers who long for greater balance, compassion and connection in their lives. Take a day away to explore the Benedictine value of balance in our peaceful setting.

Are you dissatisfied with the things that seem to consume your energy and time? We'll provide a spacious day to consider how to focus on the essentials of life. Join us as we explore the Benedictine value of balance.

Speakers

Camille Banks has been an Oblate since 2005 and a Spiritual Formation Specialist for InterVarsity in Lakes and Plains Region since 2001. She is a mother of 6, grandmother, Certified Spiritual Director, and retreat leader.

Mary Hoddy has been an Oblate since 2002 and a longtime member of Sunday Assembly. She was Staff Education and Training Director at UW-Madison's Wisconsin Union for 27 years. She currently facilitates learning communities in the Madison area in compassionate communication.



Cost

\$50 for the day including lunch

Registration

Register by February 22, 2019

There is a 50% refund until the registration deadline, no refund after the deadline.

Complete and return the form below with credit information or check (payable to Benedictine Women of Madison) by the deadline, or register online at HolyWisdomMonastery.org/a-day-away-registration

Mail registration form to:

A Day Away • Holy Wisdom Monastery • 4200 County Road M • Middleton, WI 53562

Contact information (We don't not sell or share our mailing list)

Name(s) _____

Email _____

Street address _____

City _____ State _____ Zip _____

Day phone (____) _____ home, cell, work (circle one)

Evening phone (____) _____ home, cell, work (circle one)

Program

Yes, sign me/us up for **A Day Away on March 2, 2019**; register by February 22, 2019; \$50

Payment

I am paying by check; amount enclosed \$ _____ (\$50/person)

I am paying by credit; amount charged \$ _____ (\$50/person)

Card number _____

Signature _____

Expiration date _____ 3-digit security code (on back) _____

How did you hear about this program?

Holy Wisdom Monastery website

Other website (list which one) _____

Benedictine Bridge e-newsletter from Holy Wisdom Monastery

Other email from Holy Wisdom Monastery

Mail from Holy Wisdom Monastery

Word of mouth/recommendation

Attended event at Holy Wisdom Monastery

Holy Wisdom Monastery bulletin announcement

Greater Madison Convention & Visitors Bureau

Publication (list name of publication) _____

Facebook

Internet search (list search words) _____

Other _____

Optional information

What are you seeking from this program? _____

Spiritual background _____

Questions

Amanda Conway, retreats@benedictinewomen.org, 608-836-1631, x100