

Embracing Life AS IT IS



As we gathered to plan the silent retreat, we checked in with each other. All of us had experienced unwelcome health news, the death of a dear friend, or job loss or uncertainties. All of us had someone close who was facing the breakup of a relationship, financial fraud fallout, or emotional or psychological trauma. We also reported blessings, silver linings, hope, and important moments of gratitude. In other words, we were all experiencing LIFE.

What does it mean to embrace life fully, to celebrate the good things, to manage the bad things, and to navigate the events between? We don't want to dwell on our diminishment and challenges, but we also don't want to trivialize them. We want to celebrate our accomplishments and successes, but we also don't want them to distract us from smelling the roses or experiencing the joy of meandering conversations with friends.

What makes us human may be opposing thumbs or a sense of humor. What makes us humane are the relationships that define us. We gather together to practice mutual care in our relationships with family, self, community and Spirit/God/Ancestors/Universe.

Come contemplate and explore among Friends what it means to embrace all of your life. As it is, now. With grace, with courage, with hope, with acceptance, with grief, and with celebration.

TWENTY-SEVENTH ANNUAL FRIENDS' SILENT RETREAT

Prince of Peace Abbey, Oceanside, CA

Friday March 15-Sunday March 17, 2024

Optional Extended Retreat, Monday March 18, 2024