

Resting in God: Guided Meditations & Chants for Cultivating Compassion in Everyday Life



Come to a morning contemplative experience -- and optional afternoon retreat -- we will steep in silence, meditation, mystical poetry and sacred chant.

There will be opportunity to learn spiritual disciplines from the west to the east which lead us to the core of our being where compassion for others – and ourselves – resides. From this place in our being we can experience the Oneness where we all dwell. Inspired and enlivened we respond to our suffering world in a way that brings light, harmony and love.

The morning worship is co-created with and hosted by Rev. Karen Lindquist and co-sponsored with The Interfaith Network (www.theinterfaithnetwork.org). A Love Offering will be accepted for the morning worship.

To RSVP for afternoon retreat 12:30-4:30pm, email Tim Malone: tim@timmalone.org.

Tuition; \$20.00 ~ \$15.00 (sliding scale)

Tim Malone, M.Div. is a Christian (Catholic) Spiritual Director who has been immersed in interfaith for nearly 20 years. He is a lineage holder of the Spiritual Exercises (SEEL) of St. Ignatius. Annually Interfaith Community Church welcomes Tim as Sunday morning worship presenter and as our contemplative retreat guide. Read more about Tim on his website: www.timmalone.org.

Excerpt from his website: "Each day I sit in silence for 30 minutes, chant from multiple traditions and go to bed with an examination of my Consciousness (name grateful and challenging moments from the day; from St. Ignatius of Loyola, founder of Jesuits)... Influences over time: Thomas Merton, Dorothy Day, Rumi, St Ignatius, Francis, and John of the Cross, Dom Bede Griffiths of South India monastery, Taizé, Thich Nhat Hahn, Therese of Lizeiu, MLK, Ghandi, Jesus, Buddha, Sri Ramakrishna, George Harrison, Zen poets at Haiku..."

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