



Contemplative Aging Retreat For Novice Elders

Mepkin Abbey, a Cistercian monastery, provides a serene place of natural beauty and quiet – the perfect setting - to help participants find the contemplative practice best suited for them. During the Contemplative Aging Retreat various contemplative practices are explored as a way to welcome the inner life of self development and spiritual growth as we move into elder-hood. Through contemplative dialogue and sharing common experiences and fears of aging, participants have an opportunity to view aging as a gift. In companionship with fellow elders, the retreat is an opportunity to harvest the wisdom aging brings and to find spiritual ways to navigate its stages.

The retreat begins Friday evening and lasts until the noon meal on Monday. It is conducted by one of the monks with a qualified team. Twenty participants can be accommodated. A limited number of rooms are available at the Abbey for those who may wish to join the monks for their times of prayer. Others will be housed off-campus but meals are provided on campus.

At the end of the retreat the group will decide how it wishes to continue the experience of the retreat. CAC Contemplative Aging Cenobium (where the fruits of the practice are shared) is a community of anointed elders, those who have made the initial retreat, who continue to stay in conversation on the Abbey's CAC webpage, come together, as often as possible, for ongoing support and lectures on the unique opportunities aging offers.

"Do not be mislead by myths
about the fading of the mind.
Meditation is the sage's lifeblood
and it can keep the mind fresh and pure,
capable of more beauty
than you can imagine.

Only a focused mind
is capable of actual contemplative thought.
And the mind that contemplates
produces attitudes and actions
of compassion, peace, and beauty.

Much of the mind's activity
is merely automatic response
to external and internal stimuli;
endless chatter concerning
hunger, fear, desire, and distraction.
It is time to focus.

There are dozens of approaches to meditation.
Explore them.
Choose those that seem to fit you
and practice them every day.
This is as essential for the mind
As food is for the body!"

from "It is Time to Focus," *The Sage's Tao Te Ching* by William Martin

Registration Form

Your Name_____

Address_____

City_____

State or Province_____

Zip_____

Preferred phone_____

Email Address_____

Please check if you have a preference for vegetarian meals _____

How many years of life experience do you have _____

What is your current contemplative practice (if you have one)?

_____ I wish to register for weekend of June 7-10, 2013

_____ I wish to register for weekend of October 4 – 7, 2013

_____ I wish to register for the Contemplative Aging Retreat (\$300.00 fee includes lodging and meals))

_____ I wish to apply for a partial scholarship of \$100 (contact Fr. Guerric 843 761-8509 guerricheckel@gmail.com for details))

_____ I will need a full scholarship to attend.

To register, send this form with a check for the indicated amount, made payable to

Mepkin Abbey Contemplative Aging Institute
1098 Mepkin Abbey Rd.
Moncks Corner, SC 29461

Your registration will be acknowledged by e-mail when received. Space is limited and priority may be needed to help balance the group.