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.