

The Art of Mindfulness:

Cultivating Creativity in Daily Life Retreat for Men and Women



April 13-15, 2012

Br. Michael Moran, C.P.

Offering: \$250-\$275

In our fast paced, increasingly technological culture, meditation and mindfulness are more needed than ever. For many, this contemplative stance towards life is becoming a lost art. Yet there has always been a direct connection between the meditative process and the artistic process. This retreat will explore the relationship between the focus used in meditation and that employed in the creative process. There will be talks on correct looking as prayer, the place of surrender in prayer, the place of the "wild" in prayer, and openness to mystery, and how each of these elements of a spiritual life relate to the artistic process as well. Each participant will also paint a small still life, to experience the focus that is the basis for all creativity and mindfulness. No artistic experience is necessary. This retreat for men and women begins with a buffet dinner from 6:00-8:00 p.m. on Friday evening and concludes around noon on Sunday.

Br. Michael Moran, C.P. is a Passionist Brother of the Eastern Province of the Passionist Congregation. He professed his vows in 1974, and has served in a wide variety of ministries, including the preaching of retreats, hospital ministry and work as a visual artist. He currently resides at the Passionist Residence in Riverdale, NY where he has his studio. His art can be seen on his web site, www.angelstudiostore.com.



Registration Form

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Parish Town April 13-15, Art of Mindfulness

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Name Telephone Birth Date

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Address E-mail Emergency Phone Number

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City State Zip

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If double, roommate's name

New Retreatant

Enclosed is my \$100 deposit

Mastercard, Discover, or Visa Accepted.

Retreat Offering: \$250-\$275

(More if you can. Less if you can't.)



Please mail your completed registration form with deposit to:

Holy Family Passionist Retreat Center • 303 Tunxis Road • West Hartford, CT 06107

860.521.0440 • www.holyfamilyretreat.org • holyfamilyretreat@cproov.org

