



Headwaters
Of Hope

Spiritual Direction | Retreats | Leadership Coaching



A Call to Risky Living: Saint Brendan's Adventure

Retreat Day

Saturday, May 17

9am-4pm

Zuni Ranch (near Woodland Park)

Cost: \$25 (by PayPal, Venmo or Zelle)

Register by 5pm on May 14th by contacting and paying retreat leader, Todd Spencer, at todd@anamcara.com or 719.433.3493. Limited spots available.

Bring: A sack lunch, water bottle, hiking shoes, layers of clothing, and your journal.

Might you be sensing a pull into new and unfamiliar paths? Or, maybe you are just so tired from giving and giving your energy away and want to rest and dream bigger again about “your one wild and precious life” (Mary Oliver). This retreat day will be one of both solitude and community. You will experience rest, story, meditation and time in the forested mountains near Woodland Park. The day is dedicated to **Saint Brendan the Navigator** (c. 486-575). Brendan, a Celtic saint, is best known for his legendary, high-risk, voyages on the Atlantic Ocean in rather small boats. There is some evidence that he and his crew may have made it all the way to Iceland or Nova Scotia from Ireland all those centuries ago. **This retreat day is a chance for you to get out of the familiar and allow yourself to listen more closely for the Spirit beckoning you further on your one precious adventure.**

**Help me to journey beyond the familiar and into the unknown.
Give me the faith to leave old ways and break fresh ground with you.
Christ of the Mysteries, I trust you to be stronger than each storm
within me...**

(from the Prayer of St. Brendan)

Helping you discover fresh sources of life