

SOUND & SILENCE

Embodying prayer through the sacred rhythms of drumming, chant, nature and silence.

with Katy Gaughan & Tracy Seffers

at Rolling Ridge
and Still Point,
near Harpers Ferry, WV
August 16-18, 2019

"After silence, that which comes closest to expressing the inexpressible is music."
—Aldous Huxley

"Do we know, each one of us, that we are bearers of the sacred beat of life? Do we know that we can honor that beat in one another and in all things? And do we know that it is this combination --- of knowing that we are bearers of Presence and choosing to honor Presence in one another --- that holds the key to transformation in our lives and world?" --- John Philip Newell



Music & Movement ... Drumming & Chant ... Listening & Silence ... embodiments of prayer allowing us to experience the sacred beat of life connecting us to ourselves, to one another, and to God.

This weekend retreat invites us to honor that sacred beat and go deeper into intention and prayer as we learn how to play *---and pray---* with drums, chant, the labyrinth and silence.

Led by Katy Gaughan and Tracy Seffers, the rhythm of our time together will include introduction to drumming, group drumming as prayer, chant, walking the labyrinth with drums, free time in nature, a fire circle and rhythm church. Woven throughout the weekend will be times of silence.

Katy Gaughan is a drummer and drum circle facilitator whose mission is to bring people together to experience the healing power of drumming and rhythm. Katy facilitates group drumming experiences for wellness, community building, worship and celebration.



Tracy Seffers lives near Rolling Ridge. She learned drumming from Katy, and was inspired to become a drum facilitator herself, using it as means to build community and to teach mindfulness, playful creativity, cooperation, and stress management. She leads monthly drum circles and has served on the Friends of Silence board. She has drummed for several retreats at Rolling Ridge and Still Point.

The retreat begins at 5 pm on Friday (dinner at 7) and concludes with lunch on Sunday (departure by 3 pm).

Fee for the retreat is **\$299** and includes lodging, six meals, and program. Two people registering together and choosing to share a room may pay a reduced fee of **\$249** each. Camping further reduces fee to **\$229**.



Register online at www.friendsofsilence.net. Click on "Events" and "Sound & Silence".

Drums provided or bring your own.

We offer a limited amount of scholarships. Please inquire.