

Fall Spirituality Retreat

Saturday, October 3, 2026 10 a.m. - 1 p.m.

Hopewell Meeting House

Clearbrook, Virginia

- sponsored by Hopewell Centre Quakers -

ALL invited - an Inclusive Event

RETREAT SCHEDULE

Join us at 9:30 a.m. for fellowship and refreshments

10:00 Welcome and Centering with Qigong

10:30 - 11:25 (1) A Seeker's Spiritual Path: Insight and Inspiration
Sharing from *The Monks of New Skete, In the Spirit of Happiness*

(2) A Quaker Healing Circle

- Break -

11:45 - 12:40 (3) Zentangle: A Meditative Art Experience

(4) The Yoga of Sacred Living

12:45 - 1:00 Reflection and Closing with Qigong

Qigong … today's experience is for centering and deep awareness …

Qigong is an ancient practice, rooted in the wisdom of Daoist philosophies and Classic Chinese Medicine. Meaning "Qi cultivation," Qigong offers an opportunity to connect with self and others as we feel into our body's personal energy and guide it by unifying breath with physical movements. Qigong is a grounding, yet energetically opening, practice.

Adrian VanKeuren is a tai chi and qigong instructor who is passionate about making Classic Chinese Medicine philosophies, movements, and energetic principles accessible to all. She is the founder and executive director of MoveMentation, a nonprofit with the mission of getting high-level movement classes into the hands of all. She holds accreditation with The American Tai Chi and Qigong Association, practices Medical Qigong and energy medicine, and offers Biomat and Red Light therapies to clients of her energy medicine practice, Tai Chi Healing Energies. She is also the creator of 5-Elemental Lotus Healing, a new frequency of energy medicine that she is beginning to share with the world.

Connect with Adrian at www.movementation.org.

A Seeker's Spiritual Path: Insight and Inspiration
Sharing from *The Monks of New Skete, In the Spirit of Happiness*

Do you have a shelf for books that are your best friends, a collection that you return to time and again for insight? This book from the Monks of New Skete, a monastic community in Cambridge, New York, belongs on that kind of shelf. It engages the reader with a myriad of thoughts about our human path of spirituality and attaining authentic happiness. The goal is not conversion. They present conversations with a seeker to enrich and deepen your spirit. Participants will practice silence, reflection, and sharing with excerpts from the book and queries that prompt "a new look, rather than the status quo" towards an integrated spiritual life. We'll mix in a bit of creative expression, too!

Margie Riley is a retired educator with an insatiable curiosity that prompts reading, sharing, and making connections. She has been immersed in the practice of Quaker silent worship for over 40 years and can attest to the value of silence and reflection. One of her favorite poets, Emily Dickenson, wrote, "I dwell in possibility…". Margie enjoys opening doors of possibility.

A Quaker Healing Circle

Come learn and participate in a practice in which a group of people join to bring healing to one another, whether in spirit, mind, heart, or body.

Kristin Zimet is a Reiki master healer and teacher, steeped in both Usui and Karuna Reiki. She is a member of the Quaker Healing Circle, a community of people who practice many healing modalities in the eastern United States. She is also a poet, artist, and naturalist, which she perceives as other forms of healing.

Zentangle: A Meditative Art Experience

The Zentangle Method is a mindful, relaxing, and fun way to create - one stroke at a time. Beautiful and surprising images emerge by combining dots, lines, curves, and orbs. If you can write “I,c,s,o” you can tangle! Zentangle patterns are non-representational with no up or down and no mistakes. Practicing the techniques allows you to flex your creative muscles, sharpen your focus, and reduce stress. No experience necessary to begin this journey! Come with a beginner’s mind. Please bring $6.00 to cover the cost of materials. You’ll create a Zentangle tile and take home a kit for continued enjoyment.

Faith Woods has a background in Elementary Education, Human Resources, and Ministry. She learned the Zentangle method in 2020 and found it to be a way of settling, learning, and growing. The lessons learned through this relaxing work/play are continual and are transferable to life itself. Faith became a certified Zentangle teacher in 2025 and shares the method through workshops in person and on Zoom.

The Yoga of Sacred Living

What would happen if you lived your ordinary life as though it were sacred?

We will begin with a few minutes of gentle, accessible yoga movement and breath awareness to arrive in the body and become present to the moment. From there, we’ll explore how the everyday things in our lives, including our homes, meals, work, money, bodies, relationships, time, and connection with nature, can become places of spiritual practice. Through movement, silence, reflection, conversation, and practical exercises, we'll consider what it means to live with greater presence, reverence, intention, and love.

Christian Mollitor is a yoga and meditation teacher whose work is grounded in contemplative theism, a path of experiencing the Divine Intelligence at the heart of existence through silence, presence, and awakened awareness. As a seminarian at Earlham School of Religion, he is passionate about exploring how an encounter with the sacred can transform life—bringing greater meaning, integrity, connection, and care to the way we live and relate to the world.

RSVP by September 28 with workshop preference for each time block

to mcweducatorphone@gmail.com

Walk-Ins Welcome

