

**Sunday morning, August 2nd
Worship 10:00am**

**“Treasure Beyond Measure:”
Contemplative Practices
for Deepening your Life.**

with **Timothy J. Malone, M.Div.**



“Be Still...and Be Found:”

Morning worship and optional Afternoon Retreat

set aside to open up to deep contemplation in the tradition of the mystics, saints and Zen practitioners of the east.

**INTERFAITH COMMUNITY CHURCH
1763 NW 62nd Street in Ballard 98107**

About Tim Malone: During his 20 years in Seattle Tim has served as a spiritual director/ counselor, retreat leader of music and chant, lay contemplative and teacher of Prayer and different Spiritualities. As a bridge between cultures and spiritual traditions, Tim guides a Pilgrimage to visit local houses of worship to encourage dialogue between the World Religions. He is completing a sabbatical year which involved staying in a Buddhist Monastery in Kathmandu, solitude time in a sanctuary hermitage and facilitating a silent “Spiritual Exercises” retreat in Costa Rica. Contact Tim via his Website: www.timmalone.org

**Following the morning worship and social, Tim will lead us into a
Contemplative Experience throughout the afternoon:**

Schedule:

12:00 (Noon) ~ 1:00pm: POTLUCK LUNCHEON

Bring an item for the POTLUCK LUNCH – which we will mindfully eat in SILENCE!

1:00pm – 4:30pm: CONTEMPLATIVE RETREAT

Open up to “Treasures beyond measure” in the stillness we create together. Through silent meditation, time for solitude and reflection, Inner Listening and small group sharing we will try on new spiritual disciplines. We will close with a ritual and blessing to allow this experience to carry into our daily lives.

Suggested Donation for Contemplative Retreat: \$10-15

RSVP: Call Karen at 206.783.1618.

***Bring potluck item and enjoy a meal with friends in silence at noon
or arrive promptly at 1:00 pm for the afternoon retreat.***