

# meditation & silence

## Star Island Meditation Retreat

A Contemplative Community Experience

Aug 27 – Sep 3, 2016

10 miles off the  
Maine/New Hampshire coast

Come spend a week devoted to “practicing presence”, inspired by a community of kindred spirits and enlivened by the beauty of nature. Our gathering makes the most of this ideal setting, with a retreat format that balances meditation, nature encounter and community building, for an experience of insight, growth and renewal.

We will spend each morning together in silence, following a formal schedule of sitting and walking meditation sessions. Afternoon will be devoted to solitary nature contemplation and free time. Evenings focus on theme talks and discussion. We end the day with a candlelight chapel service.

This retreat is suitable for beginning and experienced meditators, from a variety of traditions and faith backgrounds. Our silent time together is compatible with many forms of meditation, such as Buddhist calm-abiding, Christian centering prayer, and many other simple “be-here-now” styles.



Facilitated by Rev. David Scheuneman, meditation teacher and spiritual director.

Contact David at (347) 746 - 2570 or [Dave@StudioZero.org](mailto:Dave@StudioZero.org).

For more information see [www.StarMeditation.org](http://www.StarMeditation.org)