

BETHANY SPIRITUALITY CENTER



Advent Retreat Day Sounding the Sacred: A Vocal Prayer Retreat

The voice is a mirror of the soul and archive of the emotions. As such, it is a rich pathway to God. In this one-day retreat, explore creative and enjoyable ways to use your expressive voice in prayer and as a spiritual formation tool- even if you think you cannot sing a note! Focus areas include vocal meditation, praying with psalms, expressive reading of Scripture, and spiritual storytelling. All voices, regardless of experience or ability, are welcome!

**Arrive for registration and coffee at 9:00am.
The day will close with 4:00pm Sunday Vigil Liturgy.**

***Offering: \$55 includes morning coffee and lunch.
Please register by December 3.***

Or come for the weekend and some personal quiet time.

**Arrive for 5:30pm dinner on Friday, December 7, and
stay until late morning on Sunday, December 9.**

***Offering: \$165 includes Saturday program and
all meals.***

BETHANY SPIRITUALITY CENTER

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Joe Simmons is a cantor, formation leader, author, recording artist, and concert performer. A clinician and frequent convention speaker for the National Association of Pastoral Musicians, he is a consultant for parish cantor programs throughout the United States. He served as a producer and vocal artist for World Library Publications' eight-CD collection, Psalms and Ritual Music, and his solo recordings, "Singing Out" and "Sudden Waves",