

# Fall Pilgrimage Retreat to Kirkridge

## October 6-9, 2006

*Do you long for time away from the demands of your daily responsibilities?  
Are you hungry for quiet, for time to simply be present with God, to rest in a holy place  
surrounded by the beauty of mountain and meadow and be part of a praying community?  
Come away, then, on a Pilgrimage Retreat – an opportunity to care for and renew  
your body and soul in the prayerful company of other spiritual pilgrims.*

The **Kairos Spiritual Life Center**, a ministry of All Saints Church (Episcopal) in Worcester, invites you to join us on our first fall Pilgrimage Retreat, held this year at the Kirkridge Retreat and Conference Center in Stroudsburg, PA. Kirkridge is located in the Pocono Mountains, near the Delaware Water Gap (about 5 hours drive from Worcester). Our pilgrimage retreat will offer an opportunity for deepening our life with God through rest, prayer, guided meditation, extended silence, worship and shared conversation. We will stay at the Farmhouse at Kirkridge, near hiking trails, labyrinth and Columcille (a Celtic megalith and meditation park).

The pilgrimage retreat will be led by experienced retreat leaders Nancy Elder-Wilfrid (ordained UCC pastor, clergy associate at All Saints Church and a spiritual director) and Susie Allen (contemplative prayer group leader, Assistant Pastor at UCC Boxborough and a musician).

The cost for this event is \$350, which includes 3 nights (double occupancy) and 9 meals. We will gather at 5:00 on Friday October 6 and conclude with lunch on Monday October 9. The deadline for registration is September 6, at which time a non-refundable deposit of \$250 is due. For more information, please contact the **Kairos Center** at [kairoscenter@allsaintsw.org](mailto:kairoscenter@allsaintsw.org), or call Nancy Elder-Wilfrid (508-752-3766).

*The Kairos Spiritual Life Center, a ministry of All Saints Church (Episcopal) in Worcester, is a sacred place offering resources and programs for all who seek to deepen their spiritual life.*

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**Please send registration to:** Fall Pilgrimage Retreat,  
c/o All Saints Church, 10 Irving St., Worcester, MA. 01609 508-752-3766

Name \_\_\_\_\_ Email \_\_\_\_\_  
Address \_\_\_\_\_ Town \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Please send a non-refundable deposit check in amount of \$250 payable to All Saints Church, memo: *Fall Pilgrimage Retreat*.  
*Most rooms are double occupancy; if you plan to room with someone you know, please name them:*

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