



September 1 (Wednesday 9:00 - 4:00)

Quiet Day

# Praying with the Psalms

“Surely God's love and forgiveness will always be with me, and wherever I go I will be in God's house.” Psalm 23 vs. 6

Are you looking for a new spiritual practice? Do you want to enjoy a quiet day with the Psalms? We will explore the Book of Psalms and ways it can be used in our prayer life and spiritual practice. The day will include praying with the Psalms followed by quiet time for prayer, meditation, writing, art, or other creative expression, as you desire. This is designed for anyone who wants to explore the Psalms, or to share their own experiences reading or praying with the Psalms.

**Leader: Betty Lane, SCHC**, is a life-long church member and has been an active Episcopalian since the 1970s. She is a Eucharist minister and a current EFM (lay theological education) participant. After starting her professional work as a design engineer, she has spent most of her career in Quality Assurance and now consults in the field of medical devices. She has recently added spiritual writing to the professional writing she has done previously. Betty continues to develop her skills in leading Christian education programs and spiritual practices. She is an active member of Christ Episcopal Church, Portsmouth, NH and active committee leader and participant in the SCHC.

**Program fee \$75 (includes lunch)**  
**Check-in 8:30 am Wednesday**



**Adelynrood Retreat and Conference Center, Byfield, MA 01922-2812 [www.Adelynrood.org](http://www.Adelynrood.org)**

Yes  \*Confirm my reservation via E-mail notification.

OR... Yes  Confirm my reservation via U.S Mail. I have include a self-addressed stamped envelope.

Adelynrood Retreat and Conference Center, 46 Elm Street, Byfield, MA 01922-2812 978 462-6721 [www.Adelynrood.org](http://www.Adelynrood.org)

NAME: \_\_\_\_\_ TEL: \_\_\_\_\_ \*CURRENT EMAIL: \_\_\_\_\_

STREET: \_\_\_\_\_ CITY, STATE, ZIP \_\_\_\_\_

I'M ENCLOSING A DEPOSIT OF \$ \_\_\_\_\_. I AM ALSO ENCLOSING \$ \_\_\_\_\_ SO THAT ANOTHER PERSON IS ABLE TO ATTEND A PROGRAM AT ADELYNROOD.

NAME OF EVENT: \_\_\_\_\_ REQUESTED DATE & TIME OF ARRIVAL & DEPARTURE: \_\_\_\_\_

ACCOMMODATIONS FOR THOSE WITH DISABILITIES ARE LIMITED. PLEASE DESCRIBE YOUR NEEDS. \_\_\_\_\_

FOR ON-SITE TRANSPORTATION ASSISTANCE CHECK HERE  FOR A VEGETARIAN DIET CHECK HERE & EXPLAIN  \_\_\_\_\_

FOR MEDICAL DIETARY RESTRICTIONS CHECK HERE & EXPLAIN  \_\_\_\_\_

A NON-REFUNDABLE DEPOSIT OF **\$100** FOR EACH multi-day event **OR \$50** FOR EACH one-day event **MUST ACCOMPANY THIS APPLICATION.** Your deposit will be applied to the total cost of each event.

Make checks payable to SCHC and please include your current e-mail address OR a self-addressed stamped envelope for confirmation. Waiting List: If you are on an event waiting list and we are not able to accommodate you, we will return your deposit check. Scholarships are available. Visit our website [www.Adelynrood.org](http://www.Adelynrood.org) for applications.