

# LIVING WATER SPIRITUAL CENTER

## Mission Statement

*With care and love,  
we offer  
sacred space for all --  
to seek the Divine  
and to embrace the  
Interconnectedness of all creation.*

- ▶ Located on 61 acres bordering the Sebasticook River in Central Maine.
- ▶ Groomed trails through 54 acres of woods and along the river, perfect for walking, creative thinking and quiet time.
- ▶ 29 comfortable bedrooms individually decorated and all with private sinks. Private tub/shower facilities in shared areas.
- ▶ Stairlift available for those who find stairs difficult.
- ▶ Home cooked, nutritious, meals served in the comfortable, spacious dining room.
- ▶ Snack room available 24 hours.
- ▶ Library with extensive contemporary collection and popular magazines.
- ▶ Outdoor swimming pool, gazebo & labyrinth.

**Living Water Spiritual Center**  
93 Halifax Street  
Winslow, ME 04901

(207)872-2370

[www.retreatinmaine.com](http://www.retreatinmaine.com)

## MINDFUL KNITTING



### INVITING CONTEMPLATIVE PRACTICE TO KNITTING

*For those wishing to knit for the community, please bring worsted weight acrylic yarn and size 4 dpn for a newborn hat. Pattern will be provided. Hats will be collected at the end of the session and donated to a local hospital as a symbol of our open hearts joined in meditative knitting.*

Presented by:

*Sheri Vigue*

**March 3, 2012**

**Saturday 9:30 am—3:30 pm**

**\$50.00**

**Living Water  
Spiritual Center**



**Retreatinmaine.com**

*Sponsored by the Sisters of St. Joseph*

**MINDFUL KNITTING:**  
**Inviting Contemplative**  
**Practice to Knitting**  
**March 3, 2012**  
**Saturday 9:30 - 3:30**

With the winter season and quiet landscape enveloping us, knitting can be the perfect tool to explore the work of the hands and the qualities of the mind. Mindful knitting will be encouraged by focusing on the rhythmic action of a stitch and its repetitive aspect. An atmosphere for "quiet" knitting will be created while working at our own pace on a simple project.

After experiencing mindful knitting, we will share our thoughts and insights about the practice. Journaling will be encouraged and interspersed throughout the session.

\$50.00 This fee includes our noon meal (the main meal of the day).

**THE PRESENTER**

**Sheri Vigue** is a passionate knitter, library volunteer and grant writer, past social worker, and breast cancer survivor. Initially interested in knitting as creativity, she soon discovered the meditative qualities within the fiber and needles. Now a fervent practitioner of mindful/spiritual knitting, she invites knitters and knitters-to-be to explore this age old craft and potential prayer form.

**FOR MORE INFORMATION**

<http://retreatinmaine.com/calendar.htm>

**DRIVING DIRECTIONS**

Living Water Spiritual Center  
 93 Halifax Street  
 Winslow, Maine 04901  
 207-872-2370

**I-95 Waterville/Oakland Exit # 127**

- ▶ Waterville-Oakland Exit #127.
- ▶ **Those coming from the South:**  
Turn right onto Kennedy Memorial Drive. Towards Waterville.  
**Those coming from the North:**  
Turn left onto Kennedy Memorial Drive. Towards Waterville.
- ▶ Continue 1.5 miles. The road merges onto Silver Street. (N 137- N 104)
- ▶ On Silver Street - straight at first light. (B-137)
- ▶ At next light (4-way intersection—the Concourse parking lot/mall will be in front of you) Turn right towards the Waterville-Winslow bridge. Stay in middle lane as you approach the bridge.
- ▶ Continue straight across the bridge. Stay in middle lane. Cross railroad tracks and continue up the hill (Clinton Avenue).
- ▶ Turn right onto Whipple Street (5th street off Clinton Ave. Immediately before The 107 Store.)
- ▶ At the end of Whipple Street, turn left. Living Water Spiritual Center is 2nd driveway on the right.
- ▶ Parking & entrance in rear of building.

To customize your driving route or for an estimate on your driving time, please see

<http://retreatinmaine.com/driving.htm>

Driving, Flying, Bus



Directions

LIVING WATER SPIRITUAL CENTER



**MINDFUL KNITTING**  
**Inviting Contemplative Practice to Knitting**

**March 3, 2012**  
**Saturday 9:30—3:30**

\$50.00 fee enclosed

*This fee is required in advance to confirm and hold your reservation. The amount is nonrefundable.*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

*LWSC will email your confirmation to this address*

Emergency Contact's Name and Number: \_\_\_\_\_

The main meal of the day is served at noon. We offer healthful, balanced, and diverse meals. If you have allergies or medical dietary requirements, please indicate below. As meals are served buffet style for the group, if you have specific dietary preferences, please feel welcome to supplement our meals with food brought from home. Kitchen appliances are available.

**Allergies/Medical Dietary Needs:**

*Please make checks payable to Living Water Spiritual Center and mail completed registration to:*

Living Water Spiritual Center  
 Registration Office  
 93 Halifax Street  
 Winslow, ME 04901

Contact Information

(207) 872-2370

[www.retreatinmaine.com](http://www.retreatinmaine.com)

[info@retreatinmaine.com](mailto:info@retreatinmaine.com)