

# 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)

## *Befriending Our Losses*



**REV. JAMES GILL, L.M.F.T.**

**March 10, 2012  
Saturday 9:30-3:30 pm**

*Living Water  
Spiritual Center*



**Retreatinmaine.com**

*Sponsored by the Sisters of St. Joseph*

# BEFRIENDING OUR LOSSES

March 10, 2012

Saturday, 9:30-3:30 pm

Judith Viorst writes of "Necessary Losses" in life, and that we have the power to choose how we meet them. In contrast to a world that often asks us to deny the darker emotions in our lives, such as grief, fear, anger and despair, we will explore ways in which to befriend and even to surrender to them as our teachers. Mindfulness and meditation exercises, along with centering prayer, all offered in a quiet and supportive setting, will help us to gain inner peace.

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

### About the Presenter:

**James Gill, L.M.F.T.**, retired Episcopal priest, is a trained facilitator for the National Alliance on Mental Illness (NAMI) Family-to-Family Course, and lectures at the University of Maine in Augusta (UMA) in the Community Mental Health course on "The Partnership Model" (including family in the treatment team).

*"The Rev. Gill is a very spiritual open-minded individual with lots of wisdom and empathy. Wonderful facilitation and gentleman."*

*2011 Befriending our Losses program*

### FOR MORE INFORMATION

Visit us online for updates to this program and to view other upcoming programs and retreats offered by Living Water Spiritual Center.

<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



# BEFRIENDING OUR LOSSES

March 10, 2012

Saturday 9:30—3:30

\$50.00 fee enclosed.

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

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

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

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

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

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

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

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

*LWSC will email your confirmation information 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

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