



Sleeping with Bread

A Retreat to Reflect Upon
Our Life Experience

June 18-20, 2010

During the bombing raids of WWII, thousands of children were orphaned and left to starve. The fortunate ones were rescued and placed in refugee camps where they received food and good care. But many of these children who had lost so much could not sleep at night. They feared waking up to find themselves once again homeless and without food. Nothing seemed to reassure them. Finally, someone hit upon the idea of giving each child a piece of bread to hold at bedtime. Holding their bread, these children could finally sleep in peace. All through the night the bread reminded them, "Today I ate and I will eat again tomorrow."



Similarly, each day feeds us with many experiences but we hold few of them to become *experienced people*. Experienced people aren't those who have had many experiences but those who have reflected upon and held closely whatever experience they had. This retreat will focus on examining and deepening the life in our past, present and future lives. We will deepen our positive memories and grieve the losses that we need to accept and can't change. Then we will focus on healing the present where we feel ashamed or stuck. Finally we will discover how God is gifting us and calling us into a future where we can have even more life.

This retreat will be led by:



Father Matt Linn, SJ is a member of the Association of Christian Therapists and has advanced graduate degrees in sociology, spirituality, and theology. Since 1970 he has taught courses and led retreats on healing in over 50 countries. With Dennis and Sheila Linn he has co-authored 21 books, translated into 20 languages and with over a million copies in English. Ordained in 1973, Fr. Linn currently lives in St. Paul, MN, where he trains spiritual directors.



Dr. Jeanne Jones is a licensed practicing psychologist and certified spiritual director. She has worked as a therapist for the past 34 years, and has been collaborating with Fr. Linn in his retreat ministry, bringing her psychology expertise. Her doctoral dissertation was on *The Dynamics of Shame Between Mothers and Daughters*. She also lives in St. Paul, MN and is a member of the Ignatian Associates, a lay group affiliated with the Jesuits.



Some of Fr. Linn's books.

Begins Friday evening with 7:00 supper
and ends with the noon meal on Sunday.

Offering: \$150.00

Reservations:

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