

## **Contemplative Holy Saturday Retreat and Workshop features renowned pianist Harry Pickens**

Spiritually inspired musician Harry Pickens will keynote a Contemplative Holy Saturday Retreat and Workshop on Saturday, March 26, 2016. Beginning at 10 a.m. (gathering beginning at 9:30), the Contemplative Holy Saturday Retreat will include an ongoing musical meditation by Pickens on the piano, prayer stations, a labyrinth walk, meditative art stations, and other experiences through which participants may freely move for meditation and reflection. Pickens will be playing a piano in the centrally located gathering area, allowing participants to hear the meditative music throughout the building. Registered participants should arrive between 9:30 and 10 a.m. as the retreat begins promptly at 10 a.m.

The music may be as much a part of participants' silence as they desire, with an additional space prepared for those seeking total silence. A simple lunch will be provided at noon. Following lunch, Pickens will lead a workshop: Sounding the Soul: Living as an Instrument of Grace.

The day's full schedule is:

- 9:30 a.m. Gathering Time
- 10 a.m. Contemplative Retreat begins
- Noon Lunch
- 1:00 – 3:30 p.m. Workshop: Sounding the Soul: Living as an Instrument of Grace

Participants are asked to contribute financially to provide for the cost of lunch and support the ministries and programs of Central Christian Church: \$10, \$15, \$20, \$25, or as you are able.

Space is limited to 60 participants. Childcare is available. Pre-registration is required by emailing [lgray@centralchristianlex.org](mailto:lgray@centralchristianlex.org) or by calling 859-233-1551 or on-line at [www.centralchristianlex.info](http://www.centralchristianlex.info)

Deadline for registration is SUNDAY, MARCH 20, 2016.