



UU SpiritLife

Resting in Awareness

a spiritual retreat with Nicholas Bartoli

September 29 & 30, 2023

Friday evening 7:00 PM – 8:30 PM

Saturday 9:00 AM – 4:00 PM

Sponsored by *UU SpiritLife*

held at the United Church of Christ
134 Flagg Road, West Hartford, CT 06117



Our presenter, Nicholas Bartoli, had an abrupt spiritual awakening that permanently affected the way he sees life. He became a monk for ten years, preaching, providing spiritual direction and leading retreats. This will be Nicholas' first retreat since leaving the monastery early in 2023.

Friday evening Nicholas will speak about spiritual awakening and answer questions. On Saturday we will learn from contemplative traditions, as we explore resting in nondual awareness. True rest points to a new way of relating to ourselves and life in general.

This event is open to members and friends of the three area Unitarian Universalist churches and to members and friends of the Flagg Road United Church of Christ.

Reservations and Fees: Friday evening is open to all (including the merely curious). A freewill donation is suggested for Friday. The fee for Sat is \$50.00 payable by cash or check at the door. *There is no provision for credit cards.* To reserve, email with RETREAT in the subject line: admin@uuspiritlife.org. Indicate Friday night, Saturday or both.

For specifics on this retreat and other *UU SpiritLife* programs,
please visit uuspiritlife.org.