

RHYTHMS OF GRACE

"Walk with me and work with me—
watch how I do it. Learn the unforced
rhythms of grace. I won't lay anything
heavy or ill-fitting on you. Keep
company with me and you'll learn to
live freely and lightly."

- Jesus

RHYTHMS OF GRACE RETREATS

A SACRAMENTAL LIFE RETREAT SERIES FOR
ORDINARY TIME 2021

JULY
1

WORSHIP IN THE WORLD & CHURCH

Staying in world and church:
Praying & giving, embracing &
reconciling, healing &
confronting.

11:30 am - 1:30 pm (Eastern)



AUG
26

LOVE NEIGHBOR & SELF

Care for self and neighbor:
Hospitality, generosity, justice,
and forgiveness.

11:30 am - 1:30 pm (Eastern)



OCT
14

ENJOY WORK & REST

Tending to fruitful work and
refreshing rest: vocation,
stewardship, sabbath, beauty,
and thanksgiving.

11:30 am - 1:30 pm (Eastern)



11:30
AM

LECTIO DIVINA

Guided silence, prayer, and
Scripture reading (lectio divina).

12:10
PM

INDIVIDUAL REFLECTION

Individual reflection (offline)
with the help of simple prompts
included in the downloadable
retreat guide.

12:50
PM

GROUP DIRECTION

Simple group spiritual direction
with space for guided response
and Q & A.

SCHEDULE





HELLO, MY NAME IS TAMARA

(HINT: IT SOUNDS LIKE CAMERA.)

I'm a spiritual director and writer living with my husband Brian, an Anglican priest, in Bridgeport, CT. My writing has appeared in *Plough*, *Think Christian*, and *Englewood Review of Books*. I love my work as a Spiritual Director and Selah fellow with Leadership Transformations. Besides writing and offering spiritual direction, I'm also learning how to parent our four adult children. You can find me at TamaraHillMurphy.com, and [A_Sacramental_Life](#) on Instagram.

If you're looking for encouragement to worship God, love people, and enjoy beauty wherever you find yourself right now, you're in the right place. I'm so glad you're here!

**OFFERING SIMPLE
SPIRITUAL, RELATIONAL,
AND CREATIVE DIRECTION
TO HELP YOU WORSHIP
GOD, LOVE PEOPLE, AND
ENJOY BEAUTY.**

I'm all about helping those who are weary or burdened by the unexamined practices of their faith listen for the fresh invitations of Jesus to watch, and walk, and work with him in *unforced rhythms of grace*.



RHYTHMS OF GRACE RETREAT SERIES

SALE PRICE: \$75
REGISTER AT
[HTTPS://WWW.TAMARAHILLMURPHY.COM/SHOP/RETREAT-SERIES-FOR-ORDINARY-TIME](https://www.tamarahillmurphy.com/shop/retreat-series-for-ordinary-time)

During each retreat, we'll meet 40 minutes for guided prayer, silence, and scripture reading, 40 minutes for individual reflection (offline) with the help of simple prompts included in the downloadable retreat guide, and 40 minutes for group spiritual direction with space for guided response and Q & A.

Using Bobby Gross' framework for Ordinary Time in *Living the Christian Year*, we'll consider what it means to come to Jesus with our weary questions about worshiping in the world and the church, loving our neighbors and ourselves, and enjoying our work and our rest.

Each contemplative retreat comes with a downloadable guidebook, recommended resources, and additional opportunities to connect throughout Ordinary Time.

WHAT'S INCLUDED

- retreat series guidebook (pdf) with simple practices and prompts
- guidance for spiritual practices that you'll continue to cultivate as the retreat series unfolds
- instructions for making your own Neighborhood prayer walk to align your intercession with your outer landscape
- three virtual community gatherings led by a trained spiritual director and experienced facilitator + recordings following the live streamed retreat
- one free month of membership to Daybook Meditations for additional Scripture, prayer, playlists and practices for Ordinary Time

LET'S TAKE JESUS UP ON HIS INVITATION TO WALK AND WORK WITH HIM IN UNFORCED RHYTHMS OF GRACE.

JULY 1: Worship in the World & Church 11:30 am - 1:30 pm (Eastern)

Bearing witness to the gospel as people gathered and dispersed: Praying & giving, healing & confronting, embracing & reconciling. (Available as a recording)

AUGUST 26: Love Neighbor & Self 11:30 am - 1:30 pm (Eastern)

Caring for self and neighbor: Hospitality, generosity, justice, and forgiveness.

OCTOBER 14: Enjoy Work & Rest 11:30 am - 1:30 pm (Eastern)

Tending to fruitful work and refreshing rest: vocation, stewardship, sabbath, beauty, and thanksgiving.