

# ORDER TICKETS

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Please circle the events you want to purchase.

	IN PERSON	LIVE STREAM
<b>Shira Stutman</b> (2/1)	<b>\$30</b>	<b>\$25</b>
<b>Cynthia Bourgeault</b> (2/17)	<b>\$80</b>	<b>\$65</b>
<b>Ilia Delio</b> (4/13)	<b>\$80</b>	<b>\$65</b>
<b>Heather Vesey</b> (4/27)	<b>\$80</b>	<b>\$65</b>
<b>Susan Aposhyan</b> (5/18)	<b>\$80</b>	<b>\$65</b>
<b>All Five Events</b>	<b>\$280</b>	<b>\$200</b>
<b>Four Events (after Shira)</b>	<b>\$250</b>	<b>\$175</b>

Cynthia, Ilia, Heather and Susan

**Total** \_\_\_\_\_

The recording of the livestreams will be available to all participants for one year.

Use the QR Code, or tear off the page and send with a check to Aspen Chapel, 77 Meadowood Drive, Aspen CO 81611

Or book online at [aspenchapel.org](http://aspenchapel.org)



Please tick here if you do **not** want to be on our mailing list

For more information contact Nicholas Vesey on 970 355 4243 or [nicholas@aspenchapel.org](mailto:nicholas@aspenchapel.org)

Present  
**2024 MINI-RETREAT PROGRAM**

# THE VOICE OF THE FEMININE



**Cynthia Bourgeault**  
February 17<sup>th</sup> & 18<sup>th</sup>



**Ilia Delio**  
April 13<sup>th</sup> & 14<sup>th</sup>



**Heather Vesey**  
April 27<sup>th</sup> & 28<sup>th</sup>



**Susan Aposhyan**  
May 18<sup>th</sup> & 19<sup>th</sup>

Introduced by  
**Shira Stutman**  
February 1<sup>st</sup>



# ABOUT OUR 2024 RETREAT PROGRAM

Last year we offered you a 'Speaker Program'. The series brought modern mystics to the chapel, to share their wisdom.

This year we wanted to expand the idea into more of a 'retreat'. To that end we will be offering a more 'holistic' approach, enabling you to take time out of your life and put yourself in an environment to re-evaluate and refresh. We will be offering meditation at the start of each day, yoga at lunchtime and healthy plant based snacks with our teas and coffees.

We are also encouraging you to join us for a potluck lunch - inviting you to bring a salad, or some other offering, to share with others.

Each event will be a chance to form a small community for that weekend and get to know new people, as well as being exposed to the wisdom of our visiting facilitators.

The events will run a little earlier than last year, giving people more time at the end of the day. We will start on the Saturday at 9.00am MT and have a lunch break at 11.30- 12.30. The day will finish at 3pm.

On each of the Sundays we will be joined by the Aspen Chapel Community as we gather at 9.30am. There will be an hour together with Q&A to integrate the weekend. We will then have a reception afterwards.

This Sunday portion is free and open to all. The Saturday Retreats are all \$80, with the live streaming cost set at \$65. There are substantial reductions for subscribing to more of the events. See the back page for those details.

Please read through this brochure and see which events you are attracted to.



Made possible by a grant from the Trust for the Meditation Process, a charitable foundation encouraging meditation, mindfulness and contemplative prayer. More information at [trustformeditation.org](http://trustformeditation.org)



## Shira Stutman

Thursday, February 1, 6pm-8 pm

## GENDER AND THE DIVINE

*He/She/It/Them/They?*

### About Shira

As founder of Mixed Multitudes, an organization that exposes diverse groups of Jews and fellow travelers to the beauty and power of Jewish life, tradition, and conversation, Rabbi Shira Stutman is currently working on a variety of projects including: helping launch a new minyan in Aspen, Colorado; supporting Jews in having less reactive and more heart-centered conversations about Israel; teaching in progressive institutions about antisemitism; and serving as scholar-in-residence for projects that build the next generation of philanthropic leadership. She was named one of "America's Most Inspiring Rabbis" by The Jewish Forward and received the award of T'ruah Rabbinic Human Rights Hero, among other awards. She is currently the Aspen Jewish Community's interim Rabbi.

### About the Event

Shira will be kicking off our Retreat Program in 2024. Last year we had all male presenters in our spring Speaker Program; this year we have all female. Gender is becoming an increasingly hot topic in our culture at the moment. How should we think about it spiritually? Are there correct pronouns to use for the Divine? In this two hour introductory session Shira will be setting out how we can think of spirituality in relation to gender, looking at the subject through the lens of her Jewish background, but also making reference to other 'Wisdom Traditions'.

There will be a Q&A and opportunity to hear about the other speakers we are bringing to Aspen.



# Cynthia Bourgeault

Weekend of February 17 & 18  
Saturday 9am-3pm, Sunday 9:30-10:30am

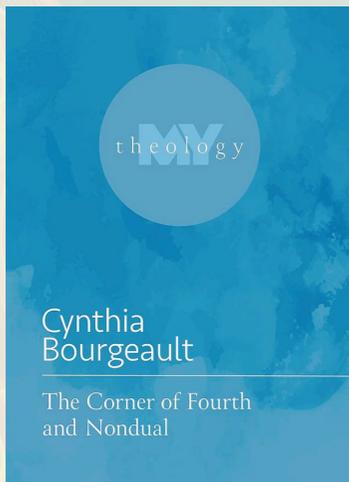
## SEEING WITH THE EYE OF THE HEART

*An exploration of nondual wisdom*

### About Cynthia

Cynthia Bourgeault is a modern day mystic, Episcopal priest, writer, and internationally acclaimed retreat leader. She has a long history in this valley, as a friend of both the Aspen Chapel and the Snowmass Monastery.

She was a pioneer of the Centering Prayer movement with Fr. Thomas Keating and is the founding director of an international network of Wisdom schools, uniting classic Christian mystical and monastic teaching with contemporary practices of mindfulness and embodiment. She was also for many years a Faculty Member of Richard Rohr's Center for Action and Contemplation in Albuquerque. She has been honored as one of the 100 most spiritually influential living people in 2021.



### About the Event

As preparation for the day the one book to read is Cynthia's "The Corner of Fourth and Nondual." This will provide the basis of Cynthia's talk and a launching pad from which she will jump off into our topic. It is a short book and will provide you with a great way into the day. During the event Cynthia will take a deep dive into the heart as the real seat of all knowledge. This will provide a wonderful opportunity to re-think the context for your life within a supportive environment.



# Ilia Delio

Weekend of April 13 & 14  
Saturday 9am-3pm, Sunday 9:30-10:30am

## WHY AI NEEDS SPIRITUALITY

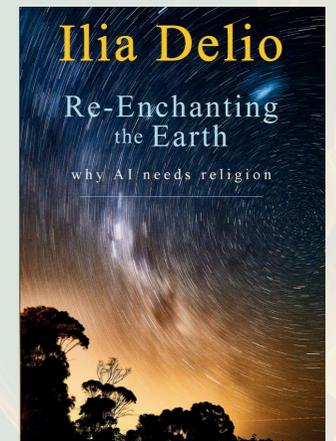
*Re-Enchanting the Earth*

### About Ilia

Ilia Delio is known as a 'Theologian Futurist'. She is a Franciscan Sister with Doctorates in both Religion and Science, with interests in evolution, physics and neuroscience and the importance of these for theology. She currently holds the Josephine C. Connelly Endowed Chair in Theology at Villanova University, and is the author of twenty books. Ilia feels that quantum physics and neuroscience are key elements informing our understanding of spirituality and the future of both the human race and our planet.

### About the Event

In this event Ilia will unpack the problems and opportunities of AI with a perspective that AI is really the next step in the human evolutionary story. She sees that, as we use technology more and more to enhance life, we are entering a 'trans-humanist' phase of our development. This means that we are moving beyond our mere biology to use AI to assist us in our process of living. What are the implications of this, and is there a way we can develop this that can enhance our 'deep relationality'? How can our spiritual understanding and the framework of values that comes out of this enable us to use this intelligence to bring greater peace and harmony to our world? "AI is not the problem. We have to look at why we are developing it, and to what end". To prepare for this day the best book of hers would be: "Re-enchanting the Earth: Why AI needs Religion."





# Heather Vesey

Weekend of April 27 & 28  
Saturday 9am-3pm, Sunday 9:30-10:30am

## ETTY HILLESUM: LOVE IN THE TIME OF TERROR

*Lessons from the Past for the Present*

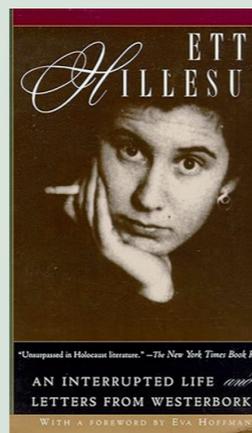
### About Heather

Heather Vesey is Director of Contemplative Studies at the Aspen Chapel. Raised in a missionary doctor's home in India, Heather has never known a time where her spiritual life has not been paramount.

She has studied under Cynthia Bourgeault, James Finley and Richard Rohr at the Center for Action and Contemplation's Living School, and has since developed her own practice alongside Bill Redfield in their online Wisdom work, and with her husband Nicholas who is the Spiritual Leader of the Aspen Chapel.

### About the Event

Etty Hillesum died in Auschwitz in 1943 leaving behind a journal of the last two years of her life. Although much of her life was spent in the shadow of unimaginable horror, her writing is humble and optimistic for the human condition. In this day Heather will draw out lessons from Etty's life that resonate with the situation the world finds itself in today. How can ordinary people affect what is going on in the world? How do we love in the face of hate? How do we leave an optimistic legacy for future generations in the way that Etty left such a legacy for us? Using extracts from Etty's diaries and the spiritual practices she used, Heather will weave a web from the past to show us lessons that can be learned for our present and future.



# Susan Aposhyan

Weekend of May 18 & 19  
Saturday 9am-3pm, Sunday 9:30-10:30am

## HEART OPEN - BODY AWAKE

*The Spiritual Path to Emotional Intelligence*

### About Susan

Though Susan studied psychology, dance, dance therapy, yoga and bodywork, it was the study of Body-Mind Centering, developed by Bonnie Bainbridge Cohen which allowed her to bring her interests of body and mind together into a cohesive whole. For twenty years, Susan taught at the Naropa University where she was the founding director of the Somatic Psychology Masters program. In addition to her work in psychotherapy, Susan has maintained an ongoing practice in meditation and yoga. She began practicing meditation in 1973 and has an extensive background in Buddhist meditation as well as many different meditation forms, including Christian, Hindu and secular. She began teaching meditation in 1984. She has been practicing yoga since 1975.

### About the Event

This will be a day of embodiment practice. A day-long retreat to let our minds rest. Susan's book "Heart Open-Body Awake" is the best preparation for this weekend. Students and clients comment that Susan "really walks her talk." She is fundamentally committed to the human struggle and to living on this planet respectfully and sustainably.

