



A Season for Nonviolence

# Seeds of Peace and Love

Mini Retreat on

Thomas Merton & Thich Nhat Hanh

February 11, Saturday, 9am—4:30pm

Presented by *Thomas Stella and Jerry Braza*

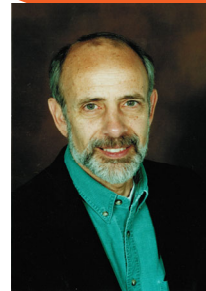
Join us and be inspired by these 2 spiritual and peace-filled men, **Thomas Merton and Thich Nhat Hanh**. The presenters will guide us on a journey as we gather more tools for growing into nonviolent and peace building people. Together we will reflect and learn ways to deepen our inner-journey as Thomas Merton and Thich Nhat Hanh had started to explore together in the 1960's, so that we may improve the qualities of love and peace within ourselves and in our relationships.



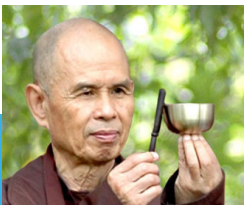
## Thomas Merton

Both a cloistered monk and a social prophet, Merton was a man of contradiction. During this retreat day we will look at Merton's teachings about inner-journey and how they relate to the call to sow seeds of peace and love even to those who perpetrate violence.

Tom Stella will be presenting on Thomas Merton.



**Tom Stella** is a visiting professor in the Religion Department at Colorado College, a hospice and workplace chaplain, spiritual director, retreat facilitator, and the author of two books *The God Instinct* and *A Faith Worth Believing*. He holds graduate degrees in theology (Univ. of Notre Dame), counseling (Univ. of Michigan), and spirituality (Jesuit School of Theology, Berkeley).



## Thich Nhat Hanh

Thich Nhat Hanh, a Buddhist monk and friend of Thomas Merton, continues to be active in the peace movement, promoting non-violent solutions to conflict. We will explore how mindfulness can be used to search the garden of our consciousness.

Jerry Braza will be presenting on Thich Nhat Hanh.



**Jerry Braza, Ph.D.**, is a mentor and teacher in the lineage of Thich Nhat Hanh and Professor Emeritus of Health Education at Western Oregon University. He conducts meditation retreats and mindfulness based training programs for a variety of spiritual and secular groups. He is co-founder of the humanitarian organization the Forgotten People Foundation, supporting service learning projects for disadvantaged groups living in Vietnam.

**Fee per person: \$75, includes lunch.**

Part of the Nonviolence Leadership Certificate Program

**Registration:** [www.thecasa.org](http://www.thecasa.org)

or call 480-948-7460, ext. 151

Sponsored by the Faith in Action Ministry

*Patti Sills-Trausch*, Director, ext. 130;

email: [socialconcerns@thecasa.org](mailto:socialconcerns@thecasa.org)

*Bonnie Wasniewski*, Program Coordinator, ext. 155;

email: [bonnie@thecasa.org](mailto:bonnie@thecasa.org)

**FRANCISCAN  
RENEWAL CENTER**

5802 E. LINCOLN DR.  
SCOTTSDALE, AZ 85253