

Rebuilding Trust
an in-person and online retreat
February 21-25, 2022

In-person suggested donation: \$450

The presentations of this retreat will be shared via Zoom.

Online suggested donation: \$150

Led by The Rev. Cynthia Bourgeault

To our usual psychological way of looking at things, trust must be earned; it is called forth in response to demonstrated trustworthiness. But there is another way of approaching trust, which has always been the way of the great saints and mystics. From this other angle of approach trust is not earned so much as *bestowed*—from a fathomless strength and freedom which lies latent in every human soul, flowing like a wellspring from the heart of God. Anchored in strength rather than gullibility, and impervious to manipulation, this trust is itself a transformative force, flowing into a broken world to bring courage, healing, and reconnection. More than an energy, it is in fact a subtle spiritual *substance*, without which our hearts are malnourished and the common good becomes a fading dream.

At a time when the trust level in our nation has fallen to a catastrophic low, this retreat will be a deep immersion into this other way of working with trust. With the mystics looking over our shoulders, we will explore not only the spirituality but *the actual practices* that allow our hearts to access this hidden wellspring and draw on it skillfully to begin to rebuild trust, not only within our own lives, but within our shattered world. Note that we will be approaching the task from contemplative and esoteric reference points rather than therapeutic ones, so it is recommended that you have a established meditation practice under your belt and a willingness to offer yourself on this pathway of conscious service to the whole.