

# Namasté



October 2014

Fall Edition

## Paused and Refreshed!

A wide range of individuals and groups frequent Namasté retreat spaces. In the past year, Redwood Cottage, House of Solitude and Sequoia Retreat spaces were reserved by young adults, couples, college students, pastors, lay men and women and Holy Name and Franciscan Sisters. They were drawn by their hunger for silence and solitude into the arms of natural beauty.

*As one guest wrote, "I offer you profound gratitude for making Redwood Cottage available and so affordable. It has been a place of healing and much needed introspection over the past few days. I've been shown some important truths and have been reminded how important it is to be kind to oneself before approaching the world, and through my thinking and resting, I have been humbled and blessed by this sweet space."*

## Website Redesign

Thanks to the expertise of Kate Bast, our [namasteportland.org](http://namasteportland.org) website is undergoing change to help answer all your questions about Namasté. Please take a moment to check out the latest news and offerings. Feel free to give us your feedback.



## An Invitation to Renew Yourself

Have you been feeling the need to spend time in nature away from your busy life to nurture your body, mind and spirit? Are you seeking some solitude to connect more fully with the Divine? Many of us find ourselves unable to rest and stop because of all the demands on our lives. We may be experiencing overload from the difficult news that surrounds us due to violence, environmental destruction, or illness of loved ones. On some days it can be too much to bear.

Namasté invites you to enter into rest and solitude at one of our sacred spaces: Redwood Cottage in Oregon City or the House of Solitude near Battle Ground, Washington right next to the Gifford Pinchot National Forest. Namasté, in partnership with the Sisters of the Holy Names of Jesus and Mary, is committed to offering space for renewal and replenishment as a retreat from our daily lives. We encourage you to take advantage of this offering and renew your spirit.

## Reservations

The retreat sacred spaces are an offering of Namasté and the Sisters of the Holy Names to the community. To make reservations and check availability, please contact us at [namasteportland14@gmail.com](mailto:namasteportland14@gmail.com).