



THE SILENCE FOUNDATION

***discovering and sharing the healing power
of silence in today's world***

Our purpose is to provide research, conduct and sponsor workshops, and create publications on the benefits of silence in contemporary society. Those served include at-risk children/families, elders, educators, hospital patients, and professionals in a wide variety of service fields. No one will be refused or denied benefit of our services because of the inability to pay. Our intent is to gently guide any and all individuals into lifestyle choices that reduce stress, provide time for reflection, and employ practical tools during times of life change. We particularly help those who serve others (counselors, teachers, community development workers, and ministers) so that silence can be meaningfully incorporated into the services they provide.

- Mindfulness Retreats
- Silence Workshops
- Artful Living Workshops
- Silence for Teachers & School Children
- The Other World Journaling Workshops
- Spiritual Practice Programs
- Mindfulness Retreat Center
- Meditation Groups



Pat Webb, Executive Director
Maurice Hoover, Board President
silencefoundation@cox.net
www.silencefoundation.org
405-286-0091

The Silence Foundation is an Oklahoma non-profit corporation and your gift is tax exempt. Our address:
P.O. Box 20934, Oklahoma City, OK 73156

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**09 SUMMER AND FALL
EVENTS**

July 6th – 11th

High School Peace Camp

Church of the Open Arms

(co-sponsored with the Peace Education Institute)

A 5-day Day Camp for

Rising 9th – 12th grade Youth

*With an Emphasis on Non-Violence for
Personal and Social Change*

www.PeaceEducationInstitute.org

July 27th – 31st

Peace Challenge Camp

St. Francis of the Woods, Guthrie

(co-sponsored with the Peace Education Institute)

A 5-day Residential Camp for

Rising 5th – 6th graders

*Non-Violent Communication and
Peaceful Ways of Being in the World*

www.PeaceEducationInstitute.org

August 10th – 16th

Into The Silence:

An Exploration of Inner Terrain

Ghost Ranch, New Mexico

*A 5 day residential class for adults
in meditation, journaling, poetry,
and handmade books*

October 9th – 11th

Fall Mindfulness Retreat

St. Francis of the Woods, Guthrie

*A weekend of mindful sitting, walking,
and eating meditation with Prairie Wind
Sangha, and dharma teachers Larry Ward
and Peggy Rowe. All are welcome.*

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