



**Sponsored by Jericho House & ERCBNA Life & Renewal Committee**

Residents \$600 (CDN) | Commuters \$500 (CDN)

All meals included. Make cheques payable to *Jericho House*. Scholarships available.

For more information, please contact:

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## *15th Annual* Ecology Retreat

**The Great Work of Awakening — Cosmos, Self & Story**

A contemplative retreat with Niamh Brennan and Heather Fenton

**Monday, July 13 – Saturday 18, 2026**

Jericho House, Port Colborne, Ontario



*What does it mean to belong not only to community, but to the great unfolding story of the cosmos? How can embodiment and deep listening help us reconnect to the sacred? What does it mean to awaken a heart and mind that holds care for all of creation?*

Join ecological writer Niamh Brennan and Buddhist teacher Heather Finlayson Fenton for a 6-day retreat weaving contemplative practice with ecological spirituality.

Inspired by Thomas Berry's *Universe Story* and grounded in Buddhist wisdom, our *15th Annual Ecology Retreat* invites us to slow down, listen deeply, and reconnect with the sacredness of life.

Through meditation, mindful movement, nature-based practice, and shared reflection, we'll explore how to live with care and wonder in a time of ecological uncertainty.

**Niamh Brennan** is a writer, educator, and researcher in eco-cosmology and the environmental humanities. Her work explores the ecological crisis through the lens of philosophy and spirituality. She is the author of *The Human in the Universe* and co-author of *The Universe Story in Science and Myth*. Niamh has presented widely on the new cosmology across Ireland and abroad, and was the keynote speaker at the 2023 INSS International Conference. She is an active member of her local Eco group in Tramore and brings lived experience from her time working in the Philippines to all her teaching and writing.



**Heather Finlayson Fenton** is a meditation and yoga teacher, writer, and former Buddhist nun with over 25 years of contemplative practice. She teaches retreats, classes, and workshops focused on mindful living, resilience, and spiritual growth. Heather is the author of *100 Days of Care: Cultivating Curiosity & Kindness*, and co-founder of Stream Yoga + Meditation, a rural yoga studio and meditation practice space on the east side of Port Colborne, Ontario. Her grounded, accessible approach supports people of all backgrounds in creating steady, meaningful habits of care.

