

Moved by the Spirit

Stretching Ourselves in Body, Mind and Spirit

A One-day Spiritual Retreat

Professional leaders of the Northern Illinois Synod are invited to a day of rest, refreshment and reflection on Monday, December 3, 2007. There will be time for walks in the woods, journaling, spiritual breathing and conversation. Please wear comfortable clothing that allows for movement.

The retreat's theme comes from Matthew 17:1-9, the appointed gospel for the Transfiguration of Our Lord (Series A). In this text, we hear about the followers of Jesus who hike up the mountain for a spiritual experience. While at the top, they see Jesus transfigured, they are overcome with fear and they fall to ground. Jesus touches them as he bids them to rise and to follow him into the valley. This retreat will explore and model ways that we might *move* into that place in which we can say, "Lord, it is good for us to be here."

Date: Monday, December 3, 2007
Time: 9 a.m.—4 p.m.
Location: Lutheran Outdoor Ministries Center,
Oregon, Illinois
Cost: \$20 (includes lunch)
Optional: Spend the night. (Single occupancy;
Arrive between 4-6 PM on Sunday. Total cost
of overnight and day retreat is \$60.)



The one-day retreat includes presentation, movement and discussion time framed by worship. Morning and afternoon free time are also scheduled when one might converse with friends, journal, hike, experience chair massage, walk the labyrinth, nap or seek spiritual guidance from persons experienced as spiritual directors. Lutheran Outdoor Ministries Center is located on Illinois 2 South 2.5 miles from Illinois 64 in downtown Oregon, IL.

This retreat is sponsored and led by the Spiritual Formation Committee of the Northern Illinois Synod whose purpose is to foster spiritual connections with God, self and one another.

REGISTRATION FORM for "Moved by the Spirit" one-day retreat Monday, December 3, 2007, 9 a.m.—4 p.m.

Name _____

Address _____

Congregation _____

CHECK ENCLOSED (Payable to "Northern Illinois Synod")

- \$20 - Day Retreat
- \$60 - Day Retreat with Sunday night lodging

Please send registration
by November 26, 2007 to:

Nancy Corey
Northern Illinois Synod
Lutheran House
Augustana College
639 38th Street
Rock Island, IL 61201