

Refreshment For the Weary Soul

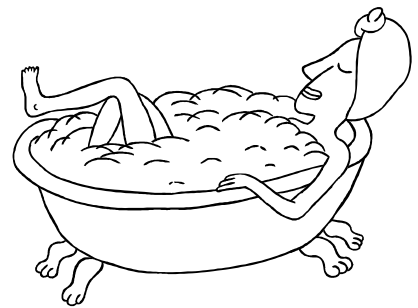
A One-day Spiritual Retreat

Professional leaders of the Northern Illinois Synod are invited to a day of rest, refreshment and reflection on December 4, 2006. There will be time for walks in the woods, journaling, spiritual breathing and conversation. Pastor Troy Hedrick will be our guest presenter. He will also guide a discussion on ways to bring on-going refreshment to weary souls.

The retreat's theme comes from the epistle lesson (Philippians 1:3-11) appointed for the following Sunday (Second Sunday in Advent). In this text, the Apostle Paul prays that "love may overflow more and more with knowledge and insight" for each of us. With these gentle and comforting words, Paul expresses God's desire that we walk in the ways of peace and wholeness.

Date: Monday, December 4, 2006
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 \$78.)



The one-day retreat includes presentation and discussion time framed by worship. Morning and afternoon free time are also scheduled when one might converse with friends, journal, walk, 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 "Refreshment for the Weary Soul" one-day retreat Monday, December 4, 2006, 9 a.m.—4 p.m.

Name _____

Address _____

Congregation _____

CHECK ENCLOSED (Payable to "Northern Illinois Synod")

- \$20 - Day Retreat
- \$78 - Day Retreat with Sunday night lodging

Please send registration
by November 27, 2006 to:

Nancy Corey
Northern Illinois Synod
Augustana College
Rock Island, IL 61204