

# Wanting the Water of Wellness

## A One-day Spiritual Retreat

Professional leaders of the Northern Illinois Synod are invited to a day of rest, refreshment and reflection on Monday, May 7, 2007. There will be time for walks in the woods, journaling, spiritual breathing and conversation.

The retreat's theme comes from John 5:1-9, one of the appointed scriptures for the Sunday following our retreat (Sixth Sunday of Easter). In this gospel text, we hear Jesus, beside a pool associated with healing, addressing a man who had been sick for thirty-eight years. Jesus asks, "Do you want to be made well?" The story prompts us to other questions. What are you waiting for? How might we help one another into the pool? Come to discuss ways that we can faithfully wade in the water.

Date: Monday, May 7, 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 \$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 "Wanting the Water of Wellness" one-day retreat  
Monday, May 7, 2007, 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 April 30, 2007 to:

Nancy Corey  
Northern Illinois Synod  
Augustana College  
Rock Island, IL 61201