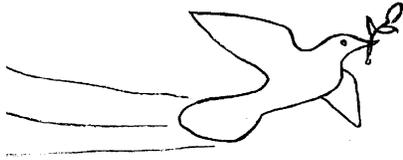


Prepare for Lent

We all experience times in our lives when the tasks set before us seem burdensome

Times when we need to re-fuel the fire that sets us ablaze for the ministry to which we are called. Have you the need to intensify the flames?



This retreat is designed to re-fuel your fire of faith, to assist you in experiencing deeper spirituality, centering prayer, and spiritual growth.

The Spiritual Director for our retreat is the Rev. Robert "Bob" Way. Pastor Way has been a part of our community for over twenty years. He currently serves St. John's Lutheran Church in Clearfield, Pennsylvania.

The Community of the Spiritual Journey in Christ, a covenant community, was founded in September, 1992. It includes both clergy and lay members. The Community invites clergy and lay leaders to retreat with them.

JOURNEY OF THE SPIRIT

A Devotional Retreat
Based Upon Four Disciplines

SILENCE Silence is generally observed at mealtimes, surrounding worship hours, and during all agreed-upon "quiet times." Times of sharing, particularly as it relates to the theme Journey of the Spirit, are scheduled, and personal conversations are always appropriate on outdoor walks and in other locations where the need for silence of the other retreat participants will not be disturbed.

REFLECTION One of the important elements of this retreat is to focus on the Word of God, and to learn to be *available* to that Word. The Retreat is *NOT* a time to "catch up" on all the work you did not get done in the office, but rather, a time to deepen and center on the presence of the Holy Spirit.

WORSHIP Worship is the heart of prayer life. During the retreat we gather together for three daily prayer hours and for the Eucharist. It is in the fellowship of Prayer and the Eucharist that we center on Christ's presence and on His Holy Spirit.

SHARING This retreat experience is not intended to be an encounter group or a problem-solving group. However, personal support is an important component of this retreat experience. We seek to encourage it in the following ways:

- personal needs and/or concerns are initially shared with entire group via prayer requests.
- as circumstances allow, and where opportunity exists, personal or small group conversations about those needs is appropriate.

REGISTRATION FORM

3-night retreat ... \$200.00 Deadline for registering is Friday, January 19, 2018.
Monday, January 29, – Thursday, February 1, 2018

Name: _____

Address: _____

City: _____

State: _____

Zip code: _____

Event Fee: \$ 200.00

Phone: () _____

Synod _____

e-mail address: _____

Total Enclosed: \$ _____

Please send full amount with registration (50% is non-refundable).

Please return this registration form to and make checks payable to:
Allegheny Synod, ELCA 701 Quail Ave. Altoona, PA 16602

REFLECTIONS...

"It is an opportunity to 'come away to a lonely place,' as Jesus did, for reflection, thought, and meditation - to listen to what God wants to say to me..."

"The 'atmosphere,' setting established by Horst is *conductive to prayer, meditation, and the Spirit's presence... I always leave happy to have been here yet saddened by the departure from friends...*"

"The form that this retreat took was very helpful. It allowed for the maximum of openness to the Holy Spirit to work. Worship provided opportunity for praise and hearing God's word in just the right amounts..."

For more information, contact...

Allegheny Synod: Peggy Steinfurth; Prs. Carol Custead, Frank Harpster, Peter Helmers, Timothy Knauss, Jack Timm, Russ Sauerwein, or Bob Way.

Northwestern Ohio Synod:
Pr Steve Nelson, Prs. Beth & Dave Westphal

Northwestern Pennsylvania Synod:
Pr. Ken Laber

Southwestern Pennsylvania Synod: Sue Azinger, Linda Schaeffer; Pr. Richard Grance

Upper Susquehanna Synod:
Bishop Barbara Collins

Texas-Gulf Coast Synod:
Pr. Ken Shuman

West Virginia & Western Maryland Synod: Ted Bessey, Pr. Sean Smith

Central Southern Illinois Synod:
Pr. April Dailey

Southern Ohio Synod: Ryan Stagg

Nebraska Synod: Kent Hardel

READING LIST

Recommended reading prior to retreat

Life Together

by Dietrich Bonhoeffer
Harper & Row, Publishers

(Check your local bookstore or Amazon.com.)

Rule for a New Brother

by Fr. Dr. H. van der Looy
Templegate Publishers

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What to bring...

Devotional reading, Bible, comfortable clothes, personal toiletry articles, small pillow to sit upon for prayer services, an individual candle with holder for prayer services, and the two books listed above.

Sequanota Center provides...

Bed linens, pillow, blanket, towels

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Our Next Fall Retreat

Monday, September 10 thru
Thursday, September 13, 2018.

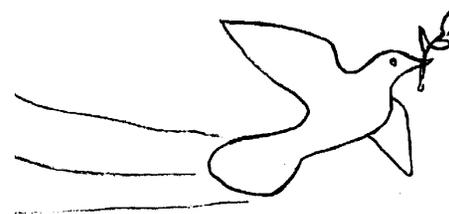
Confirmation of registration will be e-mailed.

**Please include complete payment for retreat.
One-half of the retreat fee is non-refundable.**

***Our retreat begins with lunch at 12:00
noon on Monday and concludes with
midday prayer at 1:00 p.m. on Thursday***

**Please plan to arrive between 10:30 a.m.
and 11:30 a.m. on Monday.**

Journey of the Spirit Pre-Lenten Retreat



**A Retreat for Rostered and
Parish-Lay Leaders**

*To Provide Personal Spiritual
Growth and Strength for
Leadership into the New Century*

***Monday, January 29 thru
Thursday, February 1, 2018
\$200.00 (3 nights)***

**Bowersox Enrichment Center
Sequanota Center
Jennerstown, PA
(814) 629-6627**

Physical address ...
368 Sequanota Road,
Boswell, PA 15531

**Sponsored by the Leadership Support
Committees of the Allegheny and
Southwestern Pennsylvania Synods**