


A Guided 5-Month Prayer Retreat

The 5-month retreat adapts Ignatius 1-month retreat so that it can be integrated into our every day lives. The 5-month retreat provides a way for us to go about our everyday lives, doing what we normally do, but helps us develop the discipline of attending to how God is meeting us and speaking into our present reality.



"and his sheep follow him
because they know his voice."
— John 10:4

Facilitated by:

Reverend Denise Easter, MDiv, MSW and
Reverend Dianna Kunce, MDiv, MSW

For Information and Registration:

Visit our website at www.renewalminnw.org
or call 425-361-7953.

Location:

All Located at St Mary on-the-Lake in Bellevue

Cost:

\$350 (includes retreat materials and food)



What are the Spiritual Exercises?

The Spiritual Exercises are an invitation to renew and deepen our relationship with Jesus Christ through prayer and meditation on Scripture. The Exercises are not intellectual exercises - teaching a set of theological propositions. The Spiritual Exercises are a series of prayerful meditations on Scripture that help us to clarify and deepen our devotion to Jesus Christ.

What does the commitment look like?

1. On the 4th weekend in January we meet Friday night and Saturday (not overnight). Then we meet one Saturday morning for 4 months: Feb-May.
2. A commitment to a daily time of prayer. You are provided with guided prayer exercises to aide you in your daily times of meditation and prayer.

Dates of 5-Month Retreat:

Dates and Times:

Friday	January 27, 2012	6:30 p.m. - 8:30 p.m.
Saturday	January 28, 2012	9:00 a.m. - 12:30 p.m.
Saturday	February 18, 2012	9:00 a.m. - 12:30 p.m.
Saturday	March 17, 2012	9:00 a.m. - 12:30 p.m.
Saturday	April 21, 2012	9:00 a.m. - 12:30 p.m.
Saturday	May 12, 2012	9:00 a.m. - 12:30 p.m.

5-Month Prayer Retreat Registration Form

Total Cost for the Retreat: **\$350** (includes food and materials)

- Enclosed is my \$20 non-refundable deposit for the retreat I will be attending.
- I am paying in full \$350 (includes deposit fee)
- I agree to pay in two installments to be paid in full by February 18, 2012
- First Installment of \$175 due by Jan. 27, 2012
- Second Installment of \$175 due by Feb. 18, 2012

Name _____

Address: _____

City/State/Zip/Postal Code: _____

Phone: _____

Email: _____

Special Food Needs _____



Payable to:

Renewal Ministries Northwest
PO BOX 458
Mukilteo, WA 98275

425-361-7953

renewalministries@live.com

www.renewalminnw.org

Confirmation and directions will be sent 2-3 weeks before the retreat