

# Retreat

# RENEWAL

MINISTRIES NORTHWEST

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## Silent Retreat

### ***“Lenten Engagement - Spiritual Disciplines for Life”***

*“Beloved, I urge you as aliens and exiles to abstain from the desires of the flesh that wage war against the soul.”* 1 Peter 2:11(NRSV)

The season of Lent is a special time of prayer and reflection, of confession, and self-sacrifice – it is a time to “ready ourselves” to, once again, meet our risen Lord on Easter Sunday.

At this retreat participants will receive a short teaching and be given a guide to use during an extended period of silence and prayer. Participants will be invited to consider 7 areas of self-sacrifice or “disengagement”. This enables us to experience what Peter describes as, *“...setting aside your own desires so that you will become patient and godly, gladly letting God have his way with you...the more you go on in this way, the more you will grow strong spiritually and become faithful and useful to our Lord Jesus Christ”* (2 Peter 1:6.8 Living Bible).

Along with each area of disengagement participants will be introduced to a practice of prayer that assists us in “engaging” more deeply with God. Reflection on Scripture will be integral to the prayer exercises.

**Saturday, March 10, 2012 ~ 9:00 a.m. – 12:30 p.m.**

St Mary’s On-the-Lake Peace and Spirituality Center, Bellevue

**Cost: \$35** (includes beverages and light snacks)

To register send a \$10.00 non-refundable deposit,  
or \$35.00 for the total cost of the retreat to:

**Renewal Ministries Northwest,  
P.O. Box 458 - Mukilteo, WA 98275**

**You will receive a letter of confirmation**