

RENEWAL

360-631-6994
www.renewalminnw.org

MINISTRIES NORTHWEST NEWSLETTER

January 2012

Religious Non-Profit Organization 501(c)3

CALENDAR 2012

5-Month Ignatian Prayer Retreat 2012

Begins January 27-28

Friday evening and Saturday morning!
(not an overnight)

**February 18, March 17,
April 21, May 12**

Peace and Spirituality Center,
Bellevue (to register visit our website
and download a registration form
or call 425-361-7953)

Lenten Silent Prayer Retreat

**March 10, 2012
9:00 a.m.-12:30 p.m.**

Peace and Spirituality Center,
Bellevue
(visit our website and download
a registration form)

Pilgrimage to Turkey and Greece

**In the Footsteps of
the Apostles**

**Spring or
Early Summer 2013**

(Estimated Cost \$3,900)

For more information contact
Reverend Dr Paul Strawn
paulstrawn@live.com

My Story of Renewal

~ by Tony Reynolds

I became a Christian in high school, but fell out of fellowship my first year at the University. Later I joined the Navigators. With renewed commitment, I began attending church, small group studies and generally have been walking with the Lord for the last 30+ years. Yet despite outward appearances, something was missing inside. Though outwardly I had all the answers, inside I felt like a fraud, doubting my faith. Was I really saved? **I yearned for the love and sense of connection with God that I heard others describe.**



Tony Reynolds

Though I'd learned how to have quiet times in college, **for many years my time alone with God felt forced.** I wanted more. I longed for a walk with Christ that felt real, but I was afraid to let go, to fall into the arms of Jesus. **Deep down inside, I didn't know what God might do if he REALLY got a hold of me.** I'd led a life of (as Bonhoeffer would say) cheap grace. I didn't need another counselor; I needed a spiritual guide. My wife had attended several of the Renewal Ministries 5-month Retreats. When the next one was announced last fall I told her it would be nice to go to one with her. She later told me she was blown away...

Our retreat was held at a very peaceful retreat center in Bellevue. Though the ladies outnumbered the guys, I ended up having a great time learning about prayer, the spiritual exercises of Ignatius of Loyola and journaling. In the process of learning more about God's love for me, I shed some tears, but best of all, when we learned about the 'Prayer of Abandonment', **I found that finally, I was able to let go and to let God have control of my life.** I'm not scared of him anymore. Dianna and Denise were just the guides I needed. With their help I found a spiritual director and **my spiritual life has blossomed like never before.** I've also continued journaling and it's been wonderful to go back and read them again.

OUR ONLY DESIRE AND
OUR ONE CHOICE IN LIFE
IS THIS... I WANT AND
CHOOSE WHAT BETTER
LEADS TO GOD'S
DEEPENING LIFE IN ME."

— IGNATIUS OF LOYOLA

The retreat is one Friday evening and five Saturday half-days. I feel all Christians should do this retreat at least once and am going again! Who knows what wonderful things the Holy Spirit will do in my life this time?

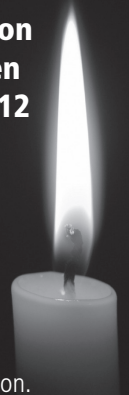
Tony Reynolds is a member of Calvin Presbyterian Church in Shoreline, WA and is currently serving as an Elder.

I am GRATEFUL for Renewal Ministries!

I came in need of counsel for the ministry I am called to. I received **understanding and discernment** in an atmosphere of grace and confidentiality that has opened my heart to a deeper experience of **God's goodness and involvement in my circumstances**. Now through the practices and community of the **5-month Prayer Retreat** I am sensing the Lord's presence and love with me more every day and that what He desires for me is good. I feel more love and feel myself more present with love to others. **I am learning to rely more on the Holy Spirit for wisdom and discernment**. I am thankful for the support of Dianna and Denise on my spiritual journey and pray God's blessing of their very important ministry to the churches' spiritual formation in Christ. — Metta Smith

Registration is still open for the 2012 5-Month Ignatian Retreat!

Go to our web site for more information.



STORIES & QUOTES

from the Gordon T. Smith Event...

"The Gordon T Smith Event Surpassed my Expectations!"

I just wanted to take the time to thank you for putting on the Gordon T. Smith Event. I found it to be very valuable and affirming to my vocation as well as challenging as I think about the next steps to continue to listen and follow God's vocation for my life. I found Gordon's talks to be very helpful in understanding how to **look at the vocation and skills that God has given to me**. I've never thought about how **we were made for work and that God uses that in transforming us into the people he's made us to be**. I also felt very encouraged in **valuing my call and direction as a way of meeting with God and participating in his will for the world**. I found that this conference far surpassed my expectations of good teaching. I loved Gordon's academic style as he referenced his research, psychology, the business world but was also able to keep it intensely personal with stories from his experiences and family. It was also a super packed conference with tons of information presented; I am still contemplating a lot of the information.

Thanks again for your conference and the time it took to put it on!

— Megan Vetter

As recent empty-nesters, my wife Mary Ann and I made a point of attending the event with Gordon Smith in the hope of getting some help with the question: **"What's next?"** Gordon gave us some handles on **how to look toward this open future and listen for the invitations from God.**

— Reverend Dave and Mary Ann Rohrer

I WILL PRAISE
THE LORD, WHO
COUNSELS ME; EVEN
AT NIGHT MY HEART
INSTRUCTS ME. I KEEP
MY EYES ALWAYS ON
THE LORD. WITH HIM
AT MY RIGHT HAND, I
WILL NOT BE SHAKEN.

— PSALM 16:7-8

Lenten Prayer Retreat

March 10, 2012, Saturday 9:00 a.m.-12:30 p.m.

We will begin our retreat with Scripture reflection and an introduction to a few prayer exercises that you may use for your extended time of prayer with God.

Location: Peace and Spirituality Center, Bellevue

Cost: \$35

Name _____

Address: _____

City/State/Zip/Postal Code: _____

Phone: _____

Email: _____

Special Food Needs _____

A confirmation letter with directions will be sent

RENEWAL
MINISTRIES NORTHWEST

Payable to:

Renewal Ministries Northwest
PO BOX 458
Mukilteo, WA 98275

425-361-7953
renewalministries@live.com
www.renewalminnw.org