

Summer Retreat Opportunity

Saturday July 10, 2010

9:00 a.m. - 1:00 p.m.

Rest in God

"Come to me...get away with me...I'll show you how to take a real rest."

Matthew 11:28 (The Message)

21st century life is about "being connected" by way of satellites, the internet, wireless networks, and electronic gadgets. Yet in this age of "connecting" many of us may find ourselves disconnected from God, ourselves and one another, and often feeling worn out. Why is that? Many things command our attention.

Demands from without, along with the internal demands we place on ourselves, fill in the margins of our lives. For Christians living in the 1st century it is essential that we care for ourselves. Amidst the noise and frenetic busyness of our lives, Jesus comes to us and says, *"Get away with me, I'll show you how to rest...walk with me...learn how I do it - learn the unforced rhythms of grace"* (Matthew 11:28).

Prayer leads us into encounters with God where we enter into God's divine rest. During this prayer retreat we will learn how to cultivate "sacred rhythms" for our daily lives; to open up the margins so we are better able to rest in God and "live freely and lightly" as we follow Jesus.

St Mary's by-the-Lake Peace and Spirituality Center - Bellevue

Cost: \$35.00 (includes beverages and light snacks)

To register please use registration form on the website.

