

# Soul Care Retreat

## Friday – Saturday, November 7-8, 2014

### About This Retreat

This overnight soul care retreat is designed to help you...

- Experience refreshment and renewal through prayer, discovery, and other contemplative exercises
- Rest deeply in the presence of the Holy Spirit and your spiritual community
- Discern how God is at work in your life today

The Soul Care Retreat is part of the Metanoia U curriculum, which is designed to help you grow in loving God with your heart, mind, soul, strength, and community. Adam L. Feldman, Pastor of Spiritual Formation and Preaching, will facilitate the Retreat.

### Retreat Details

**When:** Friday-Saturday, **November 7-8, 2014**

**Where:** All Saints Sisters of the Poor Convent, St. Gabriel's Retreat House

1501 Hilton Ave, Catonsville, MD 21228; <http://allsaintssisters.org>

**Friday Arrival:** Check-in begins at **5:00pm**, retreat begins at **5:30pm** (dinner at 6:00pm)

**Saturday Departure:** **1:30pm** (you are welcome to stay later after our retreat ends)

**Who:** Anyone at least 18 years old may attend. (There are no childcare or children activities provided.) It is not necessary to be a Metanoia Partner in order to attend.

***\*\*This retreat is limited to the first 18 persons who register and pay the fee.\*\****

**What to bring:** Bible, journal, pen, and clothing and toiletries for an overnight retreat.

Accommodations include a private room with twin bed and communal bathroom/shower for each gender. Linens and towels provided. ASSPC is adjacent to Hilton Area Patapsco St. Park, so bring appropriate clothing to enjoy God's creation!

### Registration Details

**COST\*\*:** \$75/person for Metanoia Partners; \$100/person for non-Partners

Cost covers retreat expenses and meals (Fri dinner, Sat breakfast & lunch)

**CHECKS:** Write checks out to "Metanoia Church" with "Soul Care Retreat" in the memo

**DEADLINE:** Registration form and fee must be received by **Sunday, October 26**.

**HOW TO REGISTER:**

- **Worship Gathering:** Fill out the registration form (attached) and place it along with your payment in the offering box at a Worship Gathering.
- **Mail:** Mail your registration form and payment to: Metanoia Church, PO Box 298, Ellicott City, MD 21041

*\*\*Limited scholarships are available. Confidentiality is protected. Contact [admin@metanoiachurch.org](mailto:admin@metanoiachurch.org) for more details.*

# Soul Care Retreat REGISTRATION FORM

## Metanoia Church

Friday – Saturday, November 7-8, 2014

REGISTRATION DEADLINE: Sunday, October 26

Name (print): \_\_\_\_\_

Address : \_\_\_\_\_

Email address: \_\_\_\_\_ Phone #: \_\_\_\_\_

Emergency contact: \_\_\_\_\_

Emergency contact phone #: \_\_\_\_\_

If a family member is attending with you, please list their name(s) (\*\*you must be at least 18 to attend\*\*): \_\_\_\_\_

List dietary and/or allergy concerns: \_\_\_\_\_

COST: \$75/person for Metanoia Partners

\$100/person for non-Partners

Total payment amount enclosed: \_\_\_\_\_

Check #: \_\_\_\_\_

*\* Make checks payable to: "Metanoia Church." Write "Soul Care Retreat" in the memo section.*

Return this completed REGISTRATION FORM along with your payment:

- In the offering box at a Worship Gathering, or
- In the mail to: Metanoia Church, PO Box 298, Ellicott City, MD 21041