

Intro to Soul Care Retreat

Friday – Saturday, November 3-4, 2017

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 Retreats are 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 Feldman, Lead Pastor, will facilitate this retreat.

Retreat Details

When: Friday, 4:00PM check in (retreat begins at 4:30PM) – Saturday, 2:00PM departure

Where: All Saints Sisters of the Poor Convent, St. Gabriel's Retreat House
1501 Hilton Ave, Catonsville, MD 21228; <http://allsaintssisters.org>

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 toiletries for an overnight retreat. ASSPC is adjacent to Hilton Area Patapsco St. Park s, so bring appropriate clothing to enjoy God's creation.

Accommodations: A private room with a twin bed and communal bathroom/shower for each gender. Linens and towels provided.

Registration Details

COST:** \$75/person for Metanoia Covenant Partners; \$125/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 22.**

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 registration form & payment to: Metanoia Church, PO Box 298, Ellicott City, MD 21041

***Limited scholarships are available. Confidentiality is protected. Contact admin@metanoiachurch.org for more details.*

Intro to Soul Care Retreat REGISTRATION FORM

Metanoia Church

REGISTRATION DEADLINE: Sunday, October 22

Name (print): _____

Address : _____

Email address: _____ Phone #: _____

Emergency contact: _____

Emergency contact phone #: _____

List dietary and/or allergy concerns: _____

COST: \$75/person for Metanoia covenant Partners

\$125/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