

Intro to Soul Care Retreat

Friday-Saturday, November 1-2, 2019

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,** and more!

Soul Care Retreats are part of Metanoia U curriculum, which is designed to help you grow in loving God with your heart, mind, soul, strength, and community. Pastor Adam Feldman and Metanoia covenant partner Jocelyn Hieatzman will facilitate this retreat.

Retreat Details

When: Friday-Saturday, **November 1-2, 2019**

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 as early as **4:00pm**, retreat begins at **4:30pm** (dinner at 6:00pm)

Saturday Departure: **3:00pm**

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 covenant partner in order to attend.

Limited space: This retreat will be held simultaneous with another Soul Care Retreat. ***A total of 16 spots are available for the weekend.*** Therefore, total combined registration is limited to the first 16 persons to register for either retreat 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, Friday dinner, and Saturday breakfast and 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 20.**

REGISTER: At a Worship Gathering, by sending your form & fee by mail, or online.

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

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REGISTRATION FORM

REGISTRATION DEADLINE: Sunday, October 20

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