

Still My Soul Retreat

Friday – Saturday, May 6-7, 2016

About This Retreat

This overnight retreat for alumni of the Intro to Soul Care Retreat is a designed to help you...

- Experience refreshment and renewal in prayer, discovery, and other spiritual exercises
- Rest deeply in the presence of the Holy Spirit through roughly 24 hours of silence kept in community with others on retreat
- Explore the benefits of reflection through the spiritual discipline of examen
- Attend to places in your faith journey where you are stuck, disobedient, or frustrated

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 L. Feldman, Pastor of Spiritual Formation and Preaching, will facilitate this retreat.

Retreat Details

When: Friday-Saturday, **May 6-7, 2016**

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 **3:00pm**, retreat begins at **3:30pm** (dinner at 6:00pm)

Saturday Departure: 3:30pm

Who: You must attend an Intro to Soul Care Retreat prior to registering for this retreat

****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 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, April 24.**

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
- **Online:** Pay online using your credit card & submit a completed registration form.

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

Still My Soul Retreat REGISTRATION FORM

Metanoia Church

Friday – Saturday, May 6-7, 2016

REGISTRATION DEADLINE: Sunday, April 24

Name (print): _____

Address : _____

Email address: _____ Phone #: _____

Emergency contact: _____

Emergency contact phone #: _____

If a family member is attending with you, please list their name(s): _____

List dietary and/or allergy concerns: _____

COST: \$75/person for Metanoia 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