

"Soul Renewal Retreat" led by Pastor Matt

Highlands Presbyterian Camp & Retreat Center

April 28 - 30th

Visit www.soth.net/renewal for more info.

For more questions and registration contact Becky: dluper@q.com

"As a deer longs for flowing streams, so my soul longs for you, O God." - Psalm 42:1

We all need rest and renewal in nature to cultivate greater compassion and faith in our lives. Sabbath rest and renewal was one of the central tenets of the people of God down through the ages. It places the emphasis not on human effort but God's grace and power in our lives and world.

You are invited to a weekend of soul renewal and reconnection with God through nature, community, and reflection near the stunning Mt. Meeker at Highlands Presbyterian Camp and Retreat Center, April 28-30. **We only have 6 spots left!**

There will be time for rest, prayer in solitude and wanders in nature, nourishing and soulful conversations, shared meals and of course fun and games! The purpose is to create space in your life for solitude and rest for your soul (Matthew) to reconnect with God. The schedule will follow a rhythm of prayer, learning, walking in nature, small group conversations, and relaxation.

Fun: The camp setting in the beauty of the Rockies near Mt. Meeker offers trails, striking vistas, and activities for recreation together.

Renewal: The whole weekend is invitational. Participate in whatever draws your interest, and take time to relax, renew in your own way. The Retreat Center offers spaces to read, relax, and outdoor trails to explore.

Learning: We will explore the Bible's view on creation spirituality and renewal considering three great streams: the wisdom tradition, desert spirituality, and Celtic Christianity.

You will have the opportunity to learn:

- A Biblical understanding of *dreamwork* considering the examples of Joseph, Jacob, Daniel and Peter
- A *contemplative* foundation for prayer considering the lives of St. Francis and St. Brigid and others in the Christian tradition.
- We will consider the tradition of desert monasticism, and inner-work from the Biblical tradition including exploring the visionary imagination and working with the *Shadow*.
- We will explore our Hebrew and Celtic roots in its emphasis on the seasons and living in harmony with the creation.

Explore Nature: Highlands has stunning trails and a nature trail from easy to difficult. Weather permitting, we will spend lots of time outdoors during the day exploring nature.

A Weekend Itinerary:

Friday April 28th

4 pm - Check-In to your room in the Retreat Center

6 pm - Dinner

7 pm - Orientation to the Camp & Weekend

8:30 pm - Freetime & Games

Saturday, April 29th

Early morning praise walk

Dreamwork with Pastor Matt

8 am - Breakfast

9 am - Group gathering

10:30 am - Nature walk

12 pm - Lunch

1 pm - Group gathering

2 pm - Nature walk

4 pm - Free Time

6 pm - Dinner

7 pm - Group Time

8:30 pm - Free Time / Games

Sunday, April 30th

Early praise walk & dreamwork

8 am - Breakfast

9 am - Worship

10 am - Depart

Packing List:

- Daypack,
- Waterbottle,
- Sunscreen & Sun hat
- All-weather warm layers & Jacket
- Sturdy hiking shoes
- Bible, Journal & Pen
- Crazy Creek chair or cushion for sitting outdoors,
- Towel, toothbrush & toiletries
- Watch (spotty cell phone reception)
- Emergency whistle (if you have one)