

Mount Calvary Lutheran Church and Saint David's Lutheran Church together present an opportunity for you to grow in your spiritual life. A Spiritual Retreat is offered for adults during this Lenten season. The basic components of the retreat are silence, prayer, reflection, worship, and sharing. Worship is based on the modified monastic daily prayers from the Lutheran worship resources. This retreat is designed to help participants grow in their relationship with God through Jesus Christ by opening themselves to the presence of the Spirit with us and among us.

**Retreat Leaders**

*Pastor Carol Custead from Mount Calvary Lutheran Church*

AND

*Pastor Jeff Bassette from Saint David's Lutheran Church*

Both have gained experience for leading these retreats through our synod's "Community of the Spiritual Journey in Christ"

**Place**

*The Enrichment Center at Sequanota Lutheran Conference Center and Camp*

**Date**

*Friday, March 9, 7:00 p.m. through Sunday, March 11, 1:00 p.m.*

**Cost**

*\$115.00 per person, double occupancy rooms, meals, all expenses*

**Lenten Spiritual Retreat Schedule**

**Friday, March 9**

6:30-8:00 p.m. Arrival: settle in rooms.  
8:00 p.m. Group Meeting: getting acquainted and "covenanting".  
8:45 p.m. Community Time.  
9:30 p.m. Snacks/Fellowship Time: in main room, quiet observed elsewhere  
10:30 p.m. Prayer at the Close of Day.

**Saturday, March 10**

6:00 a.m. Wake-up Bell.  
6:15 a.m. Morning Prayer.  
6:30 a.m. Quiet Time.  
8:00 a.m. Breakfast.  
9:00 a.m. Community Time.  
10:00 a.m. Quiet Time.  
11:00 a.m. Community Time.  
12:00 Noon. Lunch.  
12:30 p.m. Noonday Prayer.  
1:00 p.m. Quiet Time (free time).  
4:00 p.m. Community Time.  
5:00 p.m. Evening Prayer.  
5:30 p.m. Supper.  
6:00 p.m. Quiet Time.  
7:00 p.m. Community Time.  
8:15 p.m. Snacks/Fellowship Time: in main room, quiet observed elsewhere.  
10:30 p.m. Prayer at the Close of Day.

**Sunday, March 11**

6:00 a.m. Wake-up Bell.  
6:15 a.m. Morning Prayer.  
6:30 a.m. Quiet Time.  
8:00 a.m. Breakfast.  
9:00 a.m. Community Time.  
10:00 a.m. Quiet Time.  
10:45 a.m. Holy Communion.  
12:00 p.m. Lunch  
1:00 p.m. Departure.

*Go in peace. Serve the Lord.*

This retreat will be held in Sequanota's comfortable Enrichment Center. Each room has two twin beds and a full bathroom. Registrations will be on a first come basis. Space is limited, so register soon. To register return the form below to the church office. If you have questions or if you are in need of financial assistance to attend please talk to Pastor Carol. Plan to join us in this time of quiet spiritual growth!

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**Spiritual Retreat Registration Form**

Name: \_\_\_\_\_

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

Phone #: \_\_\_\_\_

E-mail: \_\_\_\_\_

Please indicate a possible roommate choice if you have one:

❖ ❖ ❖ ❖ ❖ ❖

Total COST is \$115.00 per person—includes lodging, meals, & retreat expenses.

Amount enclosed:

Amount due:

(Return to church office) 2012

"If you seek me, you will find me if you search with all your heart, says the Lord." (Jeremiah 29:13)

The theme for this retreat, "Spiritual Renewal of the Mind", will focus on a chapter from the book Essential Spirituality: Renewing your Christians Faith through classic spiritual disciplines by Gordon T. Smith.



*In Silence*

In silence there is prayer;  
In silence comes the answer.

In silence there is peace;  
In silence feel the power.

In silence there is joy;  
In silence find the music.

In silence there is strength;  
In silence tell the story.

In silence is the key;  
In silence lies the glory.

In silence know no fear;  
In silence there is God.

*-by Susan C. Brandau, March 13*  
*Photo taken and poem written at the 2011*  
*Lenten Spiritual Retreat*

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ADDRESS SERVICE REQUESTED

Mount Calvary and Saint  
David's Lutheran Churches  
together present the:

# *Lenten Spiritual Retreat*



"Spiritual Renewal of  
the Mind"

March 9-11, 2012

Sequanota Lutheran  
Conference Center