"A Spirituality Retreat"

"Once we have made the choice to say, ***'Yes, I want to follow Jesus,'*** the question is ***What disciplines will help me remain faithful to that choice"*** [A Spirituality of Living, Henri J.M. Nouwen, p. 15].

A Spirituality Retreat invites adult disciples to explore historic prayer methods; reflect, and experience practices used throughout history to grow closer to God's transforming love.

You are invited to attend this September 25-30 retreat at Chiara Center, Springfield, Illinois. **Two "Sunday +" options will be offered:**

- ✓ **Sunday + 3:**
  - Sunday afternoon/evening (Orientation/Introduction).
  - Monday (Discussion of ***A Spirituality of Living***[1] by Henri J.M. Nouwen).
  - Tuesday (Historic methods of prayer).
  - Wednesday Morning (Prayer Tools).
- ➢ ***[Sunday + 3 Concludes With Wednesday Lunch.]***

- ✓ **Sunday + 5 Continues:**
  - Wed. afternoon/evening (Learning to pray with the Psalms).
  - Thursday (Silent Day of Prayer. "The tension between Doing and Being," -- *Rueben P. Job*).
  - Friday Morning ("Choose & Pursue at Will" options).
- ➢ ***[Sunday + 5 Concludes With Friday Lunch.]***

[1]Each participant is expected to have read ***A Spirituality of Living*** (52 pages). This book is available from Upper Room Books (1-800-972-0433), Amazon, etc. *[I do have 8 copies of this book. These are available @ $13.33 -- interested? Check the "wish to purchase" box on your registration.]*

Please feel free to copy and share this invitation and registration sheet.

"Grace & Peace,"

Arvil Bass, Retreat Director
3007 W. Romany Ct. - Peoria, IL 61615
(*309*) 573-5250 --- arvil_mmc@yahoo.com

- ➢ retired Disciple pastor, currently serving as *Regional Elder* for the Illinois Valley Cluster.
- ➢ member, *Spiritual Directors International*.
- ➢ completed 2013-2015 *"Preparation for the Ministry of Spiritual Direction"* course at Chiara Center, Springfield, IL.