

Need a reason?

Here are a few from people
who
attended silent retreats ~

for peace and quiet
for clarity

to rest

to be

to eat & sleep

to be calmed

to solve an issue

to discern a calling

to breathe deeply

to do nothing

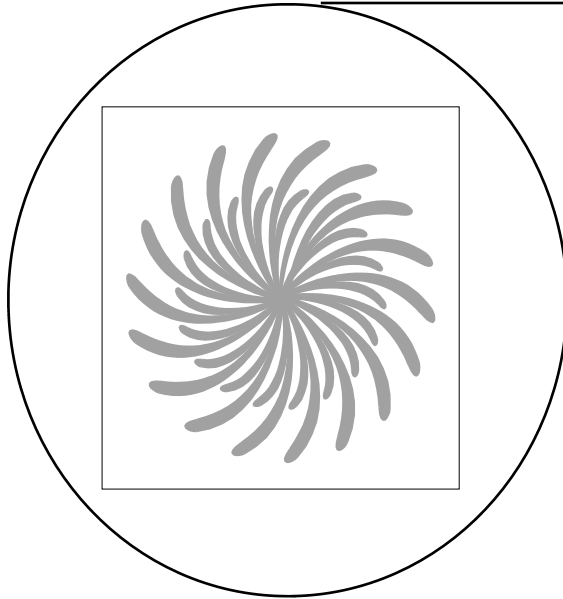
to be alone and pray

to be outdoors

to commune with God

Your reason calls to you.

It is good enough.



Let your adornment be the inner self with the
lasting beauty of a gentle and quiet spirit 1Pet 3:4

Leaders

Janet Lott is a retreat
setting designer and leader
and a licensed minister
in the CCUM Region.

She has planned
and led several
retreats for
the Region.

Sue Prins is
a freelance artist
and has also designed and
led retreats for this Region.

Janet and Sue, both living in Ames, IA, have
been co-creating worship and retreat settings
together for nearly 20 years and would
delight in sharing this experience with you.

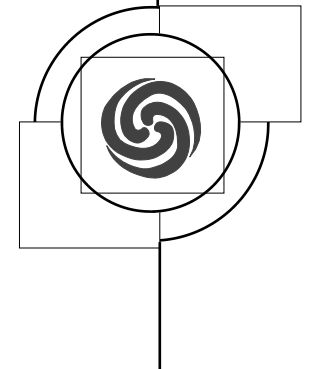
Questions?: Janet ~ jalott@isunet.net / 515-232-3522

Sponsor

The Ministry of Spiritual Nurture of the
Christian Church in the Upper Midwest was
formed in 2010 to provide a diversity of
spiritually forming, deepening and nurturing
experiences for the people in the CCUM.

September 23—25, 2011

be still
and
know
I AM
a
retreat
of
simple
silent
living



Christian Conference Center
5064 Lincoln Street
Newton, IA 50208
www.christianconferencecenter.org

be still and know I AM

a retreat of simple, silent living
led by Janet Lott & Sue Prins

Pause where you are right now and
be still.

Take a deep breath.

What do you notice around you?

What do you hear, see, feel, smell, taste?



Where is God in all this?

Where are you in all this?

Sitting, standing, reading, writing,
reflecting, praying, meditating, walking,
sleeping, waking, tasking, lounging,
thinking, eating, idling,
rolling, relating, communicating
all in silence. . . for nearly 40 hours.

Imagine that.

Try it.

Friday, September 23, 6:30 p.m.
through
Sunday, September 25, 11:00 a.m.

Christian Conference Center
5064 Lincoln Street
Newton, IA 50208
www.christianconferencecenter.org

Silent Living is an intentional practice of
humbly experiencing God's creation,
inwardly and outwardly.

Our weekend will offer a gentle, quiet
pace **beginning on Friday at 6:30 p.m.**
with a gathering and guidance on silent
living for this specific retreat.

How we **experience the following
hours of silence** is up to each one of us
individually. Resources of spiritual prac-
tices and a labyrinth will be available, as
will the leaders, for guidance if wanted.

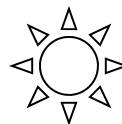
Sunday morning worship will help us
re-enter into our back-home living.

Partial cost for this retreat has been
underwritten by an anonymous donor so
your **cost is \$60** for the weekend, which
includes a private room for
two nights and four meals.

Participants will also receive
reflections prior to the retreat to help
them prepare for their silent time.

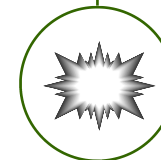
There are **expectations** that participants
will be present for the whole weekend
and that electronic devices also will be
silenced during the retreat.

Questions? jalott@isunet.net / 515-232-3522



Silent Retreat

Registration



Name: _____

Address: _____

E-mail: _____

Specific Housing/Diet Needs:

To validate registration, **enclose \$60** payable to
"Christian Conference Center."

Mail to (by September 9):

CCUM Silent Retreat
c/o Janet Lott
823 Douglas Avenue
Ames, IA 50010-6221

This retreat's capacity is 16 participants.
Paid registrations will be accepted in order of postmark.

Others will be returned.