

be still and know I AM

a retreat of simple, silent living
led by janet lott & sue prins

September 23 – 25, 2011
Christian Conference Center, Newton, Iowa

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.

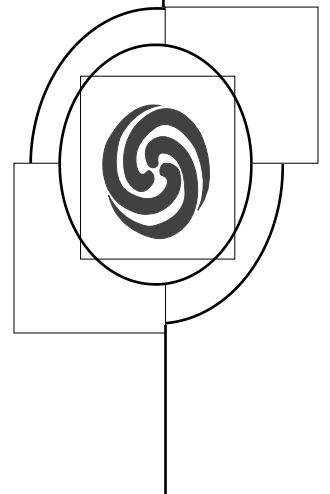
Try it.

Friday, September 23, 6:30 p.m. –

Sunday, September 25, 11:00 a.m.

Cost \$60 ~ two nights private room & four meals

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



The Experience

Silent Living is an intentional practice of humbly experiencing the depth of God's creation, outwardly and inwardly. People come to these retreats for peace and quiet, for clarity, to solve an issue, to rest, to lay down daily distractions, to discern a calling, to calm the soul, to breathe deeply, to commune with God. Your reason calls to you and it is good enough.

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 practices and a labyrinth will be available. The leaders will also be accessible for guidance.

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.

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

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

The 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, Iowa, have been co-creating worship and retreat settings together for nearly 20 years and would delight in sharing this experience with you.

The 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 Region.

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**Silent Retreat Registration
September 23 – 25, 2011**

Name: _____

Address: _____

E-mail: _____

E-mail will be used for correspondence about the retreat unless you note here you would rather receive information via home address: _____

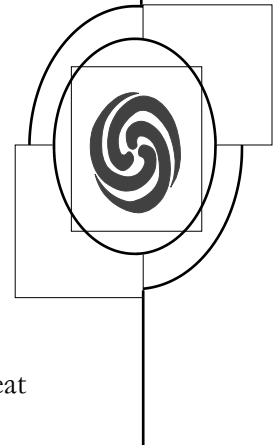
Specific Accessible Housing Needs (if any): _____

Specific Diet Needs (if any): _____

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



You will receive confirmation and more guidance about preparing for the retreat after your paid registration is received.

Due to the offering of private rooms, this retreat’s capacity is 16 participants.

Paid registrations will be accepted in order of postmark.

Registrations received after the filling of rooms will be returned.

Questions? Contact Janet ~ jalott@isunet.net or 515-232-3522.