



First Covenant Winter Sabbath Retreat

**Friday, January 19, 7:00 p.m. –
Saturday, January 20, 5:30 p.m.**

*“Stand at the crossroads and look;
ask for the ancient paths, ask where the good way is, and walk in it, and
you will find rest for you souls.”
Jeremiah 6:16*

You are invited to begin the new year finding rest, renewal and delight in the midst of the fullness of your life on the WINTER SABBATH RETREAT. The Sabbath Retreat will be 24 hours of slowing and holding the sacred gift of your life with God. We will be retreating at the Franciscan Retreat Center located in beautiful Prior Lake, MN. There are great walking trails, cozy rooms, great food and intimate times connecting with God through silence, guided reflection, listening, creative prayer, and play. We will begin our retreat on Friday evening at 7pm. You are welcome to come anytime on Friday and have a little more time of rest. This retreat is for women and men, singles, couples, old and young, anyone who is longing for a holy pause and an extended time to quiet the mind and hear God!

For answers to questions and more information about cost and details and a registration brochure please contact Carma Gjerner at belovedcarma@gmail.com

Registration for Sabbath Retreat at the Franciscan Retreat Center Prior Lake, MN January 19-20, 2018

Name: _____

Phone Number: _____

Address: _____

Email: _____

Who to contact in case of Emergency: _____

Emergency Phone Number: _____

Food Allergies or Special Diet Needs: _____

Other Special Needs: _____

Please select your preference:

_____ Single/Private Room | \$125

_____ Shared Room | \$125/person – Sharing with _____

_____ Couples Room | \$250/couple

To confirm your space, please return registration form and a \$75.00 deposit by January 7, 2018. Checks are made out to First Covenant Church. The remaining balance will be due upon check-in on January 19. Please mail or give registration forms to:

Carma Gjerner
First Covenant Church
810 South 7th Street
Minneapolis, MN 55415

Interested in arriving earlier? Please contact Carma to arrange reservations.

Directions, retreat schedule, car pooling information and “what to bring” will be sent out one week prior to the retreat.

If you are able to help with financial support for others or if you need financial support for this retreat, please contact Carma at belovedcarma@gmail.com.