

# "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 retreat at Camp Walter Scott, Dieterich, IL (July), or at Chiara Center, Springfield, IL (September). **Two "Sunday + " options will be offered at each location:**

- ✓ **"Sunday + 3"**
  - Sunday afternoon/evening (Orientation/Introduction).
  - Monday (Discussion of *A Spirituality of Living*<sup>1</sup> by Henri J.M. Nouwen).
  - Tuesday (Historic methods of prayer).
  - Wednesday (Prayer tools). & ("Sun. + 3" Closing & Sending forth).
  
- ✓ **"Sunday + 5"** (Continues this retreat with the additional sessions below).
  - Wed. afternoon/evening (Learning to pray with the Psalms).
  - Thursday (Silent Day of Prayer using a 1 day retreat pattern, "The tension between Doing and Being," *developed by Rueben P. Job*).
  - Friday ("Choose & Pursue at Will" options). & ("Sun. + 5" Closing & Sending forth).

<sup>1</sup>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 12 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 sheets (Camp Walter Scott, and/or Chiara Center). Your help to share this information and invitation will be deeply appreciated.

"Grace & Peace,"

Arvil Bass, Retreat Director  
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- 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.