

Retreat Schedule

		4:00	Open
Friday, August 22			
2:00 p.m.	Check-In	5:00	Dinner
4:00	Gather and Get Acquainted	6:30	Evening Activity
5:00	Dinner	9:00	Evening Worship
6:30	Intro by Fr Ray Hess Mercy Info Living Compass	Sunday, August 24	
8:30	Lectio Divina Worship—at the Close of the Day	8:00 a.m.	Breakfast
		9:30-11:30	Closing Session and Eucharist
		Noon	Lunch and Good-byes

Saturday, August 23			
7:30 a.m.	Morning Worship		
8:00	Breakfast		
9:30-11:30	MORNING SESSION Living Compass: Review assessment Focus on Spirituality		
Noon	Lunch		
1:30-4:00	AFTERNOON SESSION Living Compass: Focus on Rest/Play Bringing Living Compass to your congregation		

During breaks you are welcome to enjoy the Labyrinth or walk the paths around the facility, including the Stations of the Cross walk.

Capital Deanery
DIOCESE OF NORTHERN CALIFORNIA

Come to the Water

A Retreat to Refresh & Renew



Mercy Center, Auburn CA
August 22-24, 2014

Presented by the Capital Deanery in partnership with the Diocesan Health Ministries, Partial scholarships available upon request.

Come to the Water



RETREAT PURPOSE

If anyone is thirsty, let him come to me and drink. Whoever believes in me, as the Scripture has said, streams of living water will flow from within him. John 7:37-38.

Come to the water for refreshment and renewal. During the weekend you will be introduced to the Living Compass Program, completing two sections, Rest/Play and Spirituality, as a way to find that water Jesus has promised.

www.LivingCompass.org

Cost \$135 (2 nights and 6 meals)
\$32.00/Day Meals.

Make checks payable to Diocese of Northern California, with Cap Deanery Retreat in Memo.



Life is a journey, and like any journey, it is important at times to make sure you are intentional about the direction in which you are heading. Living Compass is a program that creates the opportunity for you to pause and check your bearings. First, you will check the direction in which you are heading in different aspects of your life. Then you will ask yourself, "Am I heading in the direction that I desire for myself?" You will also ask, "Am I heading in the direction that God desires for me?"

Registration:

Name: _____

Address: _____

Phone: _____

E-mail: _____

Dietary restrictions/Allergies Y/N

Emergency Contact: _____

Name as you want it to appear on name tag: _____

Church: _____

Mail Registration and check to:

DEANERY RETREAT, Attn: Laura Simkins, St Francis Episcopal Church, 11430 Fair Oaks Blvd, Fair Oaks, CA 95628

Space is limited

Reserve your spot by contacting
Susan Wahlstrom, RN
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