

The Voice of the Heart: A Clergy Retreat Experience

For Personal Renewal and Prayer

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed. - Mark 1:35

A **two-session** retreat program for clergy,
created by clergy who understand the dynamics of ministry.

This retreat program has been approved by the Pen-Del Conference for 4 CEU's.

The \$800 fee covers a private hotel style room, all meals and Program Fees for both sessions (April and October). A \$200 nonrefundable deposit is due at the time of registration. Scholarships are available upon request.

If you would like more information on the content of this retreat experience, please contact Rev. Kay Lanasa at 302-539-2203, or PastorKay@aol.com.

Please bring the following items with you: bible, journal, camera, walking shoes and rain gear.

Registration and more information at:
www.pecometh.org/voice-of-the-heart



FOR MORE INFORMATION:

Contact Megan Shitama Weston * megan@pecometh.org * 410-556-6900 x104

Session 1: Tuesday, April 17 - Thursday, April 19, 2018

Session 2: Tuesday, October 16 - Thursday, October 18, 2018

Sample Retreat Schedule

DAY ONE

9:00am	Registration Begins
9:30am	Worship Service
10:00am	Opening Session
12:30pm	Lunch
1:30pm	Personal Reflection Time
2:30pm	Afternoon Session
5:30pm	Dinner
6:30pm	Evening Session
8:30pm	Communion Service

DAY TWO

7:30am	Morning Devotions
8:00am	Breakfast
9:00am	Morning Session
12:30pm	Lunch
1:30pm	Personal Reflection Time
2:30pm	Afternoon Session
5:30pm	Dinner
6:30pm	Evening Session
8:30pm	Creative Worship

DAY THREE

7:30am	Silent Meditation
8:00am	Breakfast
9:00am	Morning Session
12:30pm	Lunch
1:30pm	Closing Session & Departure

“This was an opportunity to discover the depth of my own spirituality. I learned some truths that I had never addressed before. It was a “safe” environment - clergy with clergy, and I look forward to incorporating what I have learned into my present situation.” - Retreat Participant

“The unique aspect of this retreat was the sensitivity to our unique, doing-oriented, expectation-laden roles as clergy. Any pastor who thinks he or she doesn’t need this time away probably needs it more than ever. I did ... and I am grateful I came. - Retreat Participant

Clergy are dedicated to tending to the spiritual lives of others, but who cares for us when our own spiritual lives begin to run dry?

You are invited to come away to a quiet place and spend some quality time in prayer, personal growth and renewal.

...Spend personal prayer time alone with God...

...develop a deeper awareness of the Holy Spirit in your life...

...re-focus on your original call to ministry...

This retreat will feature:

- ❖ **Informational Learning:** Visiting the Christian “classics” while exploring a modern-day perspective of the spiritual journey.
- ❖ **Formational Practice:** Participating in various spiritual disciplines to remain rooted in scripture and prayer.
- ❖ **Transformational Experiences:** Renewing all aspects of one’s spiritual journey through participation and experience.

Retreat Leaders

Rev. Kay Lanasa is a retired UM clergy who served churches in the Virginia Conference. She received her Master of Divinity from Eastern Mennonite Seminary. She is a Retreat Leader, Spiritual Director, and founder of Oceanview Ministry, a course in Spiritual Development and Prayer.

Rev. Dr. Alex Slonin Jr. served churches in the Peninsula-Delaware Conference for thirty years before his retirement. He received his Master of Divinity from Wesley Theological Seminary and a Doctor of Ministry from Drew University.