

Renewing Our Spirits: *Jesus' Spirituality as a Model of Wholeness*

February 2-3, 2015 at
The Hotel Hershey, Hershey, PA

"Come to me, all you who are weary and burdened, and I will give you rest."

Matthew 11:28

Recognizing the significant amount of energy you expend serving in ministry, we invite you to renew and restore your spirit at The Hotel Hershey on Feb. 2 and 3. This retreat is designed to enhance wellness by integrating our faith and health. Looking to Jesus as the model for our spiritual wholeness, the retreat will focus on living well in Christ. Come and enjoy sacred space for rest, self-discovery, and renewal. Return refreshed, with wellness tools for you, your family, and those you serve.

This retreat is subsidized by the rebate we earned from Portico Benefit Services by completing our health assessments, as well as by a generous contribution from Thrivent Financial.

The subsidized cost of \$75 for double-occupancy overnight attendees includes lodging, program, lunch, a three-course dinner, and buffet breakfast at the 5-star Hotel Hershey. The single-occupancy registration fee is \$150. The commuter cost of \$50 includes program and lunch (dinner and breakfast may be added at cost). Spouses are invited to attend at the subsidized cost. Casual dress is encouraged for this retreat. Retreat participants are welcome to schedule additional nights prior to and after the retreat for personal rest and renewal at the negotiated rate of \$144 per room per evening.

Registrants eligible for the subsidized cost are active rostered leaders under contract or call and full-time ministry workers who receive Portico health insurance benefits. Other ministry workers are welcome to register for the actual retreat cost of \$375.

Look for more details as the event draws near!



Register online starting 10/1/2014 at www.lss-elca.org or contact:

Cathy Deitrich, registrar
(717) 652-1852 x104
cdeitrich@lss-elca.org



Tentative Retreat Overview

(subject to change)

Monday, February 2

9:00 a.m.	Registration Opens
10:00 a.m.	Welcome and Opening Remarks
10:15 a.m.	Opening Bible Study: <i>Jesus as a Model for our Spirituality</i> led by Bishop Dunlop
11:00 a.m.	<i>Paths to Wholeness</i> led by Deacon Marsha Roscoe
11:45 a.m.	Break for Lunch
1:00 p.m.	<i>Living Well</i> led by Dr. Michael Brown
2:30 p.m.	Small Group Reflection
3:00 p.m.	<i>Sacred Space to Live Well</i> : Opportunities to participate in your selection of sacred stretching/yoga, meditation & prayer labyrinth walk, chair massage, stewardship coaching, spiritual direction, or time on your own
5:00 p.m.	Hotel room check-in
6:30 p.m.	Three-course dinner
9:30 p.m.	Evening Prayer: <i>Releasing the Day</i>

Please note hotel room check-in is available beginning at 4:00 p.m. on Monday.

Tuesday, February 3

7:00 a.m.	Beginning at 7:00 a.m., resident retreat participants are invited to eat at your leisure in the Circular Dining Room of the Hotel. Breakfast served until 10 a.m.
9:00 a.m.	Morning Prayer with Breathing Meditation
9:15 a.m.	<i>Eating Well</i> led by Dr. Michael Brown
10:45 a.m.	Time with Bishop Dunlop
11:30 a.m.	Closing Worship: Healing Service