# LIVING THE WORD: Mindfulness through Scripture

A Daytime Retreat from the Retreat Ministry Mission Group



Mindfulness is remembering to stay present.

Mindfulness is calm acceptance of what is.

Mindfulness is a source of strength.

Mindfulness is allowing ourselves to be in

Mindfulness is allowing ourselves to be in touch with God hidden in the moment.

WHEN
Thursday, October 9, 2014

**WHERE** 

Pleasant Hills Outdoor Center, Perrysville, Ohio

TIME 9:30 AM - 3:00 PM arrive between 9:00- 9:30

COST \$15.00 per person

BRING

Bible, journal, pen, camera, Dress is casual. Wear shoes for walking and bring a jacket as needed.

Our leader will be the Rev. Dr. Bob Meyer. He became Pastor of Wayne Presbyterian Church in Muskingum Valley Presbytery in 1997. Bob received his Masters of Divinity in 1982 from San Francisco Theological Seminary and completed his Doctor of Ministry in 1994 from Louisville Presbyterian Theological Seminary. In August, 2014 Bob received his Certification of Spiritual Direction from the Ignatian Spirituality Institute at John Carroll University.

#### **DIRECTIONS**

PLEASANT HILL OUTDOOR CENTER: 4654 Pleasant Hill Road, Perrysville, Ohio, 44864 419-938-3714

### From the NORTHEAST:

Take US 30 WEST to Wooster, to the intersection with SR 3. Take SR 3 SOUTH, Go about 1 mile to the intersection with SR 95. Take SR 95 SOUTH through Perrysville to the intersection with Pleasant Hill Road (Three-way intersection; watch for the camp sign).

Turn LEFT onto Pleasant Hill Road and stay on this road until you come to the Camp entrance on the RIGHT.

The entrance is approximately 2.4 miles from SR 95.

(There is a road to the right just before the entrance).

## From the NORTHWEST:

Take US 30 EAST of Mansfield to the intersection with SR 603.

Take SR 603 SOUTH toward Mohican State Park to the intersection with SR 95.

Turn RIGHT onto SR 95 and go approximately 1 mile to the intersection with

Pleasant Hill Road (Three-way intersection; watch for camp sign).

Turn LEFT onto Pleasant Hill Road and stay on

this road until you come to the camp entrance on the RIGHT.

The entrance is approximately 2.4 miles from SR 95

There is a road to the right just before the entrance

#### From the SOUTHWEST:

Take I-71 NORTH of Columbus to the exit for SR 95. Take SR 95 through Fredericktown and Butler.

Several miles North of Butler, turn RIGHT onto Pleasant Hill Road (Three-way intersection; watch for camp sign and a sign for Mohican State Lodge).

Proceed on Pleasant Hill Road until you come to the camp entrance on the RIGHT.

The entrance is approximately 2.4 miles from SR 95.

(There is a road to the right just before the entrance).

# From the SOUTHEAST:

From I-77 take EXIT 83 turn left onto SR 39 WEST to Loudonville (approx 55 miles). At the stop sign in Loudonville where SR 39 turns to the right, Take SR 3 SOUTH. Follow SR 3 to SR 97 and turn RIGHT. Follow SR 97 to McCurdy Road. Turn RIGHT on McCurdy Road and follow to Pleasant Hill.

on McCurdy Road and follow to Pleasant Hill Road. The camp entrance is about 1/4 mile. Watch carefully for the camp sign

Dress is casual. Bring a sweater or jacket and wear shoes for walking in the woods. Lunch is provided.

# Registration Form for Fall 2014 Retreat

Name(s)	
Contact Address:	
Phone	Email address
Church Name	Amount enclosed: \$

Send to: Candice McMath, Muskingum Valley Presbytery, 109 Stonecreek Rd. NW, New Philadelphia, OH 44663 <u>Send registration by Wednesday, October 1, 2014</u>