

Wisconsin Council of Churches and the South Central Synod of WI, ELCA present

Sabbath in Everyday Life

A Retreat for Lay Leaders

Saturday, March 24, 2012
First United Methodist Church
203 Wisconsin Avenue, Madison, WI

Save
the
Date!



Judy Nolde, Spiritual Director

Judy is a member of St. John's Lutheran Church in Madison, WI. She is a Benedictine Oblate with Holy Wisdom Monastery in Madison. Currently, Judy is a student in Loyola University's-Chicago, MA in Pastoral Studies program. She received her spiritual direction training through the Pacific Jubilee Program in Canada. She sees individuals for spiritual guidance, and leads small groups and retreats. She volunteers at Gilda's Club of Madison leading meditation sessions, and serves on the Missional Discovery Journey Planning Team of the South-Central Synod of WI, ELCA.

We're often better at the "bigger Sabbaths" in life, like taking summer vacations or going away for a weekend. But the smaller Sabbaths in everyday life can be harder. The frenetic pace of life and information can prevent us from taking the smaller Sabbath time we need. This retreat will explore Sabbath in everyday life, including spiritual practices to enhance Sabbath time, obstacles to Sabbath, and cultivating Sabbath by noticing and attending to God's presence. There will be presentation time, individual reflection, small group sharing, plenty of Sabbath time, and walking an indoor labyrinth.

Check-in begins at 8:30 a.m. with refreshments; Retreat runs 9:00 a.m. to 3:00 p.m.

REGISTRATION

Register me for: Sabbath in Everyday Life

Registration and lunch is \$65 in advance; \$75 after March 16th

Name(s): _____

Street: _____ City: _____ State: _____ Zip: _____

Email address: _____ @ _____ . _____

Denomination: (optional) _____

Mail to: Wisconsin Council of Churches, 750 Windsor Street, Suite 301, Sun Prairie, WI 53590
or register online and pay with credit card or check at: www.wichurches.org under "Events"