

Refreshing our Spirit through Food

*O taste and see that the Lord is good...
(Psalms 34:8).*

- * Food, edible and non-edible, and its effects on a Christ-centered life.
- * Why the food we consume (edible) should be comparable to what we feed our spirit (non-edible).
- * Food! Spiritual and physical, why both are vital to live a godly life.
- * Why we need to honor God through the foods we eat and why it matters.
- * Which foods are energizing which foods help us to rest
- * Worship through food, fellowship and reflection
- * It really is okay to eat chocolate as part of a health Christian lifestyle.

Schedule - The Retreat begins with a light evening meal on Friday, Oct 4. Participants are welcome to come anytime after 3pm on Friday to get settled in rooms and relax.

Lodging - This retreat will be held in Ward Conference Center and Calvary Lodge. **Bedding and towels furnished.** Lodge rooms will be assigned as registrations are received. After lodge rooms are filled, cabins will be assigned.

Registration:

Registration fee of \$105 includes room/meals/materials. (Saturday only—\$60.00.)

To register:

Call Moses Merrill 402-666-5639
Or Contact
Bev Pacas
<bevpacas@gmail.com>

*Experience autumn in the peaceful setting of
Moses Merrill Camp & Conference Center*

Refresh — Renew — Restore

*Come on your own . . . Or invite a friend to join you.
This retreat will be good for your mind, soul and body.*

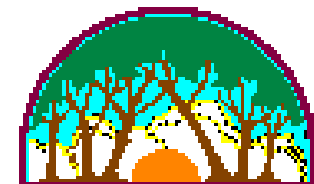
*American Baptist Women's Ministries of Nebraska
&
Moses Merrill Camp & Conference Center*

2019 WOMEN'S FALL RETREAT



*Moses Merrill Camp & Conference Center
Linwood, Nebraska*

Oct 25-27 2019



Women's Fall Spiritual Retreat

The Annual Women's Fall Spiritual Retreat is designed for women who seek a time of spiritual nourishment, rest, reflection and hope.

Friday: Discovery of primary (non-edible) and secondary (edible) foods with a spiritual visualization

Saturday: "Experience Chocolate " and how chocolate can enhance your spiritual life.

Sunday: Tying it all together

SPECIAL FEATURES:

- A unique opportunity to taste and experience a variety of chocolate
- The Prayer Walk—solo walk down a beautiful woodland trail, stopping to sit and pray at benches along the way.
- A wagon ride (padded benches!) will include singing, and storytelling.
- Break-out sessions designed to give you hope!
- Time for you to be with God.
- You don't have to cook or do dishes! Let us care for you! Rest and Renewal

SCHEDULE

Friday, October 25

3:00 - 6:00pm Check-in, unwind
6:00—7:00 A simple meal will be available when you arrive.
7:15 Evening Service & Circle of Life
8:00 Fellowship

Saturday, October 26

8:00 Morning Devotions
8:15 Breakfast
9:00 Discovery of Primary (non-edible) and secondary (edible) foods with a spiritual visualization
11:00 Down Time
Noon Lunch
1:00 "Experience Chocolate " and how chocolate can help your spiritual life.
3:00 Down Time
5:00 Supper
7:00 Tasting drinking chocolates and cocoa powders
Sing along
8:00 P.J. Party & Movie

Sunday October 27

8:00 Morning Devotions
8:15 Breakfast
9:00 Pack, check out
9:30 Worship — Blessing
10:30 Head for home

Our Guest Facilitator: Susan Parsley

Susan was born in Shelbyville, Indiana. She attended Butler University in Indianapolis, Indiana where she met her husband of almost 39 years, John, who serves as an American Baptist minister. She earned a Bachelor of Music Education/Area degree in June of 1980. After answering a call from the Lord, she received her certification as an integrative health coach from the Institute for Integrative Nutrition in New York City in 2014. She is owner of Harmonic Hands Music Studio and Sprouting New Life Health Coaching Services. Susan is the mother of two sons and grandmother to 5 practically perfect grandchildren. When not teaching piano or helping her husband in ministry, her passion is sharing her knowledge of spiritual and physical health and nutrition with others to help create their best health. She has taught the Daniel Plan, a Christian based healthy lifestyle plan; and, she has developed "Experience Chocolate", a chocolate tasting class which reveals chocolate's true identity as a superfood. Her goal in life is to live and follow God's will every day which ultimately creates an adventurous life.