

Making Room for God Retreat

(Sponsored by the Christian Spiritual Formation Ministry of Xaris)

Registration Form

Why this retreat?

The purpose of this guided retreat is to **Make Room for God** – apart from our normal, busy routines of everyday life – in order for us to connect with Him in a personal and meaningful way. Scripture tells us that Jesus regularly engaged in periods of solitude and prayer (Luke 5:16). We, too, must follow His example of “retreating” in order to hear our Father’s voice clearly, to become strengthened and refocused in order to better reengage our world with His love and compassion. Here are a few more reasons to join us:



- ✦ Great for first-time retreatants to experience some extended time with God in a safe and supportive environment
- ✦ Discover some simple and helpful practices to aid you in your spiritual journey with Christ
- ✦ Provide God an opportunity to speak to you about your life, your relationship with Him or with others
- ✦ Experience spiritual and physical refreshment and feel more centered and better prepared to continue your journey with God and fellow travelers in the way!

What to expect:

Some of us may have never been on a retreat, but that’s okay! Initially, we will gather together as a group and spend a little time together in simple worship and preparing for the rest of our day. Then, you will have time on your own to: walk, pray, read, enjoy nature, journal, rest (maybe a short nap?), etc. There is no agenda for your “alone” time, and there is no assignment you are expected to complete, although you will be provided with several options, if you feel that you need some structure for your retreat. Toward the end of our time together, we will have the opportunity to hear from those who feel led to share about their experience. (Note: sharing within our large group is optional)



What to bring:

A journal, your bible, comfortable clothes (it may be cool earlier in the day), a lawn chair. Note: you will be encouraged to turn off your cell phone for the duration of the retreat and to leave at home anything that might become a distraction for your time with God (work, I-Pod, etc.).

[Please complete and return this portion of the registration form to Tom Morgan via email (tomm@xarischurch.org) or mail to Xaris, P.O Box 582625, Elk Grove CA 95758. Registration forms must be received by **Sunday, October 19th, 2008**]

Please print your name

Phone #

Email address

The cost for this retreat is \$20.00 (check or cash). You may enclose payment with this form or make payment the day of the retreat. If using a check, please make out to Xaris. If cost is of concern, please submit registration and let Tom know. Thanks.

Lunch Menu: we will provide for you 1 of the lunch items listed below (from *Trader Joe’s*) along with a drink. Please indicate your top (3) choices, just in case some items may not be available. We also will have snacks, coffee and tea available for you.

Organic Garden Salad

Spicy Thai-Style Pasta Salad

Tuna Salad Sandwich

Classic Greek Salad

6-Piece California Roll

Turkey Sandwich Lunch kit

Grilled Chicken Salad

Sushi Sampler

½ Sandwich with Salad

Smoked Salmon Salad

Spicy California Roll

Turkey Club Wrap

Shrimp Louie Salad

Fresh Shrimp Spring Roll

Tri Tip Wrap

Southwest Salad

Tofu Spring Roll

Chicken Wrap

BBQ Chicken Salad

Egg Salad Sandwich

