

## *Prayer Retreat Schedule*

### **Monday, April 12**

- 7:00 p.m. Introductions
- 7:30 p.m. Sabbath Keeping #1
- 8:45 p.m. Evening Prayer

### **Tuesday, April 13th**

- 9:30 a.m. Morning Prayer
- 10:00 a.m. Sabbath Keeping #2
- 11:30 a.m. Sharing good books
- 12:15 p.m. Lunch
- 1:00 p.m. Sabbath time
- 3:00 p.m. Sabbath Keeping #3
- 4:30 p.m. Yanni Park labyrinth
- 6:00 p.m. Dinner
- 7:30 p.m. Sabbath Keeping #4
- 9:00 p.m. Evening Prayer

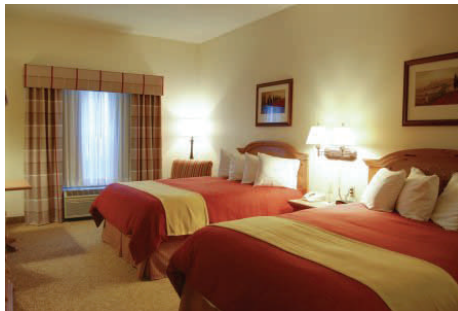
### **Wednesday, April 14th**

Individual Sabbath time in the morning

- 10:00 a.m. Sabbath Keeping #5
- 11:30 a.m. Closing Worship
- 12:00 p.m. Lunch

## ABOUT THE HOTEL

You will enjoy relaxing at Country Inn & Suites with its charming décor and comfortable amenities.



Each of the spacious guest rooms features a cozy country-style décor that will make you feel at home.

For relaxing you can also enjoy the heated indoor pool, whirlpool, and exercise room.



Presbytery of Central NE

## 3rd Annual Spring Prayer Retreat April 12th—14th

*Sabbath ~  
Recovering God's Gift of  
Rest and Renewal*



Country Inn & Suites  
Kearney, Nebraska

# Sabbath: Recovering God's Gift of Rest and Renewal

In today's culture of busyness and overwork, we are invited to reclaim the rhythm of activity and rest that God wove into Creation. Together we will reflect upon the deep meaning of the commandment to keep sabbath as a source of wholeness and freedom for individuals and families, communities, and the world. In worship, art, and quiet times, we will have a chance to experience sabbath for ourselves. We'll also look at the obstacles to keeping sabbath, and explore ways to keep "sabbath moments" in everyday life and support each other in reclaiming those essential practices that allow us to rest in God.

## WHAT DOES THE COST INCLUDE?

The cost for this event includes your lodging, meals, snacks, and all materials.

## REGISTRATION

Registration is easy, just complete the form. However, in order to guarantee yourself the early bird rate please complete the registration form and return it to the Presbytery of Central NE office by no later than March 22nd.



## Biographical Info

Kris Haig has been helping people explore issues of spirituality and Christian discipleship for over 25 years — as a pastor, educator, spiritual director, author, and retreat leader. For over 11 years she led the denomination's Office of Spiritual Formation in Louisville, KY, and wrote a monthly "Spiritual Fitness" column for *Presbyterians Today*. She and her husband, John Sonnenday, currently are co-pastors of First Presbyterian Church in Morgantown, WV. Kris also teaches New Testament at Waynesburg University. She is the author of the 2010 Lenten devotional guide published by *Presbyterians Today*, "Praying through Lent with Heart, Soul, Mind and Body."

Kris has preached, led worship, and taught at hundreds of conferences and retreats all across the country, on topics such as Introduction to Christian Spiritual Practices, Congregational Spirituality, Spirituality and Church Leadership, Sabbath-Keeping for the 21<sup>st</sup> Century, Spiritual Practices for Families and Children, The Labyrinth as Christian Prayer, Poetry and Prayer, Contemplative Worship, and The Art of Discernment.

## 2010 Spring Prayer Retreat

<b>Early Registration</b>	Price
<input type="checkbox"/> "Single Rate" Hotel, Meals & Materials	\$200.00
<input type="checkbox"/> "Commuter Rate" Meals & Materials Only	\$100.00
<input type="checkbox"/> "Spouse Meals Only" (Not participating in the retreat.) Meals Only	\$40.00
<input type="checkbox"/> "Roommate Rate" Hotels, Meals, & Materials	\$150.00
<i>(Please complete the roommate information below.)</i>	

<b>Registration after March 22nd</b>	
<input type="checkbox"/> "Single Rate" Hotel, Meals & Materials	\$225.00
<input type="checkbox"/> "Commuter Rate" Meals & Materials Only	\$125.00
<input type="checkbox"/> "Spouse Meals Only" (Spouse not participating in the retreat.) Meals Only	\$65.00
<input type="checkbox"/> "Roommate Rate" Hotels, Meals, & Materials	\$175.00
<i>(Please complete the roommate information below.)</i>	

Subtotal: \_\_\_\_\_  
Total: \_\_\_\_\_

## Roommate Information

*Please indicate below your roommate option.*

- Please assign me a roommate.
- My roommate is \_\_\_\_\_  
*(Please make sure you have contacted your roommate before writing in their name.)*

## Special Dietary Needs Information

*Please let us know if you have any special dietary needs.*

\_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Please make check payable to:  
Presbytery of Central Nebraska

**4111 4th Avenue  
Suite 28  
Kearney, NE 68845**

**Phone: 308-236-6996  
Fax: 308-237-5238  
E-mail: office@centralnepresby.org**