

Central Valley District UMW Spiritual Retreat
June 5th-7th 2020
Oakhurst, ECCO Conference Center
(Episcopal Conference Center Oakhurst)

Retreat Theme: "Sacred Rest"

In a world that values production many of us are often running on fumes, seeking and desiring rest, but what does that look like? How do we find the sacred rest our minds, bodies, souls require so we can better serve in the ways the Lord has called us too? During our retreat we'll explore the 7 kinds of rest as outlined in "Sacred Rest" by Dr. Sandra Dalton-Smith, and develop practices that can help us sustain the kinds of sacred rest we may not even know we crave.

Key Scriptures:

Don't burn out; keep yourselves fueled and aflame. Be alert servants of the Master, cheerfully expectant. Don't quit in hard times; pray all the harder. Help needy Christians; be inventive in hospitality. Romans 12:11-13 The Message

He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. Psalm 91:4 NIV

Sing a new song of praise to him; play skillfully on the harp, and sing with joy. Psalm 33:3 NLT

The ECCO Conference Center is located just 12 miles from the South gate of Yosemite National Park.

For additional information please contact:

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Registration deadline is May 10, 2020