



Flint River Presbytery

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with additional questions



Visit

www.trappist.net

A NEW PATH...

*Flint River Presbytery's
Sabbath Retreats*

2012



Monastery of the Holy Spirit, Conyers, GA

FINDING REST & RENEWAL IN 2012—Monastery of the Holy Spirit, Conyers, GA

Retreats are for anyone & everyone in FRP.....

“Joyful Challenges of Life after 50” - April 16-19 (Midweek)

The autumn years are a time when the greatest riches of life can unfold. This retreat will explore ways to nourish your inner life in order that you may discover God’s abiding presence during this stage of life.

“Contemplative Prayer” - April 30-May 3 (Midweek) & November 2-4 (Weekend)

Prayer is a loving exchange with God. When we learn to receive the gift of God’s presence through loving silence, we are able to develop a beautifully enriching and personal relationship with Jesus. We can receive this gift through contemplative prayer, which enables us to rest in God and become more intimate with Jesus.

“Image, Faith & Photography” - May 4-6 (Weekend)

Humanity is made in the image and likeness of God. Photography, at its best, can evoke a powerful sense of God’s presence in the world. Professional photographers and people of faith will share their insights regarding faith and the photographic imagination.

“Yoga & Christian Contemplation” - May 18-20 (Weekend) & August 24-26 (Weekend)

Communion with God in the silence of the heart is a God-given capacity. For Christians, the communing life of prayer is central to living faithfully. For some believers, yoga has become a means of prayerful communion. Can the life of prayer and the practice of yoga be integrated? For those new to yoga or for the experienced practitioner, this retreat will explore what the Early Church Fathers had to say about the life of prayer, while integrating yoga into Christian contemplation.

“Spirituality of Imperfection” - May 21-24 (Midweek)

The spirituality of imperfection speaks to those who seek meaning in the absurd, peace within the chaos, light within the darkness, and joy within the suffering — without denying any of the difficulty. This retreat is for people who suffer from what the philosopher and psychologist William James called “torn-to-pieces-hood” and feel divided and pulled in a dozen directions.

“Prayer and the Image of God” — June 1-3 (Weekend)

This retreat focuses on discovering — and exploring — images of God and how they affect our prayer life. Teresa of Avila will be a model for us as we learn about ways in which our images of the Holy One can deepen, expand and enrich our prayers.

You are invited to register for one or more retreats, knowing that spaces are limited and some retreats may fill up faster than others. The sooner you register, the greater the likelihood that a space will be available.

Try to register at least 2 months ahead of time to insure a space!

Weekend Retreats begin after 2 PM on Fridays and end by 1 PM on Sundays.

Midweek Retreats begin after 2 PM on Mondays and end by 12 Noon on Wednesdays or Thursdays.

You may register by e-mailing the registrar, Patti, at retreat@trappist.net or by calling 770.760.0959 or 770.482.2176.

- Identify yourself as an individual from FLINT RIVER PRESBYTERY
- Have your credit card/debit card ready to make a \$30 deposit to reserve a space.
- Note that the monastery does not have a set fee schedule, but instead asks for a donation of \$60+/night. Checks or credit cards are accepted.
The cost covers room, meals, and any program fees.

What should I expect?

Located 35 miles east of Atlanta, the Monastery of the Holy Spirit in Conyers, GA is a place of solitude and peace in a noisy world — a protected sanctuary for spiritual renewal and reflection. The monastery has a long tradition of welcoming those seeking respite in a peaceful environment.

Flint River Presbytery’s Commission on Education and Nurture has scheduled these retreats, but participants are not expected or required to participate in structured retreat activities, unless they choose to do so. These varied retreats offer the opportunity to experience God in solitude, stillness, and the quiet beauty of the monastery grounds.

