

# Resting in the Spirit

## A Retreat for Sacred Journaling



Quiet... Stillness... Light... Sand.... Desert blossoms.... Orange sunsets.... Shadows... Spring water... Starlight. In all of these we experience God. The desert provides a symphony of sounds, sights and wonderment into the awe-inspiring treasures of God's creation. There is no searching for God here. There is simply an opening to God: In the desert we stop running and we open ourselves, our hearts and our souls, to God. We discover God within us and all around us.

And in doing so, we also find many of the answers to life's questions. We all struggle with difficult questions about our lives, and many of us have searched anxiously to find the answers. We may have climbed mountains, wandered subways, or asked endless numbers of people; all along never knowing that the answers were inside of us. Outward wonderments, such as a sunrise, may give rise to an emotion, a thought, an answer; but that eventual answer always comes from within. It is a grace from God.

When we journal, we take those "a-ha" moments and capture them on paper where, by the grace of God, we can expand on them. Come search for the answers to your life's questions as you breathe-in God all around you and invite God to nestle within you. This weekend provides a wonderful opportunity for exploring the mysteries of God, nature and your very self.



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This retreat is open to people  
of all faith-backgrounds.

June 12-14, 2009

Call 520-744-3400 for more info