

A One Day Retreat:
SOUL CARE—
Seven Commitments
for a Healthy Soul

Saturday, October 10
9 am until 4 pm

Please join us for a day of caring for your soul. In our busy lives, we can come away and come together to learn ways that we can live out our life and faith:

- **Soul Violence:** neglecting the soul leads to self- destruction
- **Soul Longings:** How desire and longings awaken the soul
- **Soul Turnaround:** How jarring makes us wake up and pay attention
- **Discovering your true voice:** exploring how your voice and vocation are tied together and moving towards fulfillment, not drudgery.
- **Living with Rhythm:** Balance is not the goal. It's a myth. Rhythm is a part of God's design. Learn how to live with rhythm.
- **Sabbath Keeping:** God's design for sanity and the soul.
- **Simplify Your Soul:** Experiencing how "less" leads to "more."
- **Fostering Peace** in Turbulent Times
- **The Body and Soul Connection:** Soul Care involves Body Care. Learn how and why.
- **Developing a "Rule of Life"** to live by that is life giving and helps you stay on track.



at **First Presbyterian Church**
Colorado Springs, CO
(see www.first-pres.com for directions)

Cost: **\$49.00**

Includes:

**All materials and a
delicious lunch**

RETREAT LEADERS:

Stephen and Gwen Smith are the Co-Founders of Potter's Inn, a Christian ministry devoted to spiritual formation and soul care. Steve is the author of several books including: *Embracing Soul Care*, *Transformation of a Man's Heart* and *The Lazarus Life*. Gwen is a Spiritual Director and Registered Nurse. The Smiths have adult children. They live in Colorado. See www.pottersinn.com for more information.

David Sachsenmaier is the Vice President of Potter's Inn. A native of Charlotte and former Bank executive. David, Margaret and their six children reside in Colorado and help in all areas of the Potter's Inn Ministry.

Other Breakout Leaders also will join us for this great day of *Caring for our Souls!*



Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Email: _____ Telephone: _____

Register _____ of people for the Soul Care retreat on Saturday, October 10, 2009.

I've enclosed my payment of \$49 per person. Make check payable to Potter's Inn and mail to: **Potter's Inn, 6660 Delmonico Drive, Suite D-180, Colorado Springs, CO 80919.** You can go on line and register at www.pottersinn.com and click "soul care" then "one day retreats." Registration closes October 1.

Potter's Inn
**RETREAT
SERIES**