



EMBRACING THE MYSTERY OF GOD'S LOVE

Retreat/Study at RHUMC

October 7-November 14, 2023

Abide in me as I abide in you.

As God has loved me, so I have loved you; abide in my love.

- John 15:9

This series of gatherings, led by Nancy Wallis, is designed to invite open awareness, presence, and responsiveness to the Holy Spirit. The initial half-day retreat and subsequent once-a-week gatherings will offer a sacred space for spiritual nourishment and an expanded awareness of God's presence. Using a different spiritual practice each session, we will slow down and seek to experience God in deep and creative ways. We will also enjoy periods of silence, time for reflective journaling, and the opportunity for sharing. Each session is designed to allow our thinking minds to calm and sink more fully into our spiritual hearts – open, present, and available to the Holy One, inviting us to live fully into and out of a spiritual heart. We will lean back, rest in the Mystery, and allow our whole selves to be restored, refreshed and transformed.

In the words of Howard Thurman: "How good it is to center down, to sit quietly and see one's self pass by! The streets of our minds seethe with endless traffic. Our spirits resound with clashing, noisy silences while something deep within us hungers and thirsts for the still moment and resting lull."



Opening session for all participants:

SATURDAY, OCTOBER 7

9:00 a.m.-1:00 p.m.,
RHUMC campus

TUESDAYS

OCTOBER 10, 17, 24, 31, NOVEMBER 7 & 14

CHOOSE:

10:30 a.m.-Noon, RHUMC campus

or

7:00 p.m.-8:30 p.m., via Zoom

Nancy Wallis holds a Master of Divinity degree from the Claremont School of Theology and a Certificate in Spiritual Direction from the Shalem Institute for Spiritual Formation. She is currently working toward a Certificate in Retreat Leadership. Nancy is a member of RHUMC and is generously sharing her gifts and talents with the congregation and community.

We recommend all participants to join in the opening launch session on Saturday, October 7, whether planning to attend the following six sessions in person or on Zoom.

While attendance at all sessions isn't required, we suggest you plan to join in as many as possible for a full experience.

Please email churchoffice@rhumc.org to communicate your intention to participate.



ROLLING HILLS
UNITED METHODIST CHURCH

26438 Crenshaw Blvd.
Rolling Hills Estates, CA 90274
rhumc.org
310-377-6771