

# LEYM Spiritual Formation Retreats 2018-19

## A Spiritual Spa

### Fall Retreat Weekend September 7-9, 2018

Weber Retreat Center, Adrian, MI  
1257 East Siena Heights Dr., Adrian MI 49221 ♦ [weber.adriandominicans.org](http://weber.adriandominicans.org)  
(33 miles NW of Toledo, 30 miles SW of Ann Arbor, 72 miles SE of Lansing)

Program starts at 7 pm Friday and ends around 1 pm (after lunch) on Sunday.  
If at all possible, plan to attend for the whole time.

### Spring Retreat Saturday, May 4, 2019

Starts at 9:30 and ends around 4:30  
Would your meeting be interested in hosting?

**Fall retreat.** Relax and get grounded with a weekend of activities to both help you move to your spiritual center and to relax and pamper your body. Deepen your spiritual life learning activities that help you center and that gently use your body to help reach a deep spiritual place. The weekend will be relaxing, varied, challenging, centering, and nurturing. Activities include body prayer, guided meditation, centering techniques, walking meditation, and mindful eating of chocolate. Overall, we'll explore spirit-body connections. No vigorous activities are planned, and physical limitations will not interfere with participating. Did we mention that there will be chocolate?

**Leaders.** Under the leadership of Mathilda Navias (Broadmead Meeting), a team of Friends will lead the exercises: Kate Enger (Athens), Della Stanley-Green (Plainfield Meeting, Western Yearly Meeting); Aran Reinhart (Broadmead), and Ellerie Brownfain (Birmingham).

**The Spiritual Formation Program.** Lake Erie Yearly Meeting's Spiritual Formation Program is for anyone who longs for a deeper spiritual life. The program provides a flexible structure for spiritual development. It balances the need for enough structure to guide with enough flexibility to be customized to individual needs. Each year's program begins with a retreat in the fall and ends with a retreat in the spring attended by Friends from across LEYM. In between the retreats, local groups meet on a regular basis, and participants practice a daily spiritual discipline of their choice. All participants in each local group are encouraged to attend the retreats. Others in the yearly meeting may attend the retreats as well.

If you have questions, please contact Mathilda Navias, Planning Committee Clerk, [galaxy@woh.rr.com](mailto:galaxy@woh.rr.com), (419) 448-0578 or Aran Reinhart, Registrar, [aranreinhart@yahoo.com](mailto:aranreinhart@yahoo.com), (419) 619-6810

\* Would your Meeting like to host?

A copy of this registration form will be on the web at [leym.org/spiritual-formation](http://leym.org/spiritual-formation)

## 2018 - 2019 REGISTRATION FORM LAKE ERIE YEARLY MEETING SPIRITUAL FORMATION PROGRAM

Please pre-register as early as you can, but no later than **August 19** (\$10 discount)

Fall retreat:           **September 7-9, 2018**  
Weber Retreat and Conference Center

Spring retreat:       **May 4, 2019**   Location: TBD

NAME(S) \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

MEETING \_\_\_\_\_

Don't let cost prevent you from attending. If you need help, we ask you to first request it from your monthly meeting, then let the registrar know if you need additional help.

Most rooms have 2 single beds. If you have a roommate preference, please let us know who. Other participants will be paired up. If you do not want a roommate, request a single (\$40 additional charge). Fees are on a pay-as-you-can basis - select what fits you.

Both retreats:	Full cost: \$200	Fees \$ _____
	Minimum: \$160	
1st-time/couple	Discount*: \$20	Contribution to support others + \$ _____
Fall only:	Full cost: \$170	Additional for single room (\$40) + \$ _____
	Minimum: \$140	Subtotal \$ _____
1st-time/couple	Discount*: \$15	Discount for first-time participant/couple - \$ _____
Spring Only:	Full cost: \$30	Financial help requested from
	Minimum: \$20	Monthly Meeting                   \$ _____
1st-time/couple	Discount*: \$5	Financial help requested from
		Spiritual Formation Program   \$ _____
		Total help requested               - \$ _____
Needs:		TOTAL OWED = \$ _____
<input type="checkbox"/> Food allergies (specify) _____		TOTAL ENCLOSED - \$ _____
<input type="checkbox"/> Vegetarian		TOTAL DUE AT RETREAT = \$ _____
<input type="checkbox"/> Handicapped bathroom		
<input type="checkbox"/> Room near the elevator		
<input type="checkbox"/> Other (specify) _____		

I/we do not consent to photographs of me/us at this event being used in LEYM publications or on the web page.

\* Discounts are for first-time attenders and couples. The discount is per first-time participant or couple.

Mail to registrar: Aran Reinhart, 6599 State Route 587, New Riegel, OH 44853  
For more information, contact Aran at [aranreinhart@yahoo.com](mailto:aranreinhart@yahoo.com) or 419 619-6810