**Soul Care in the 21st Century**

How is your busyness quotient these days? Do you long for some time alone so you can rest and reconnect with Jesus? How can you find the refreshment and renewal you need to thrive in ministry? Jesus offers an invitation to you: *Come away with me by yourselves to a quiet place and get some rest.* It’s the same invitation Jesus gave to his disciples after a season of intense ministry. Soul Care in the 21st Century is a spiritual formation retreat designed to help you rest, learn, and reconnect with Jesus. Come and discover some new and ancient ways to care for your soul. Find a rhythm for continued spiritual growth that fits your personality and lifestyle. Each day is structured to include rest, food, learning, spiritual practice, reflection, worship, and fellowship.

**Sessions will explore:**

* What is spiritual formation?
* What are some tools for spiritual growth?
* How can the spiritual disciplines connect me to Jesus?
* How can I help others on their spiritual journey?

**Sessions may include some of the following topics:**

Introduction to Spiritual Formation, Christian Biblical Meditation, Self-Care, Worship, Bible Intake, Prayer, Dark Night of the Soul, Spiritual Disciplines, Spiritual Direction, Sacred Pathways, Self-Examination, Spiritual Gifts, Sabbath Rest, Rule of Life, Journaling, Suffering, and others…

The goal of this week is to help you connect with Jesus, find refreshment for your soul, and acquire tools to grow spiritually as you continue your journey with Jesus. Each time this Soul Care Retreat is offered, it will be a little different, as each retreat will have different participants and different workshop leaders. So, you are welcome to participate in the Soul Care Retreat as many times as you are able.

*\*Lynn Karidis will facilitate this week of soul care. Lynn has served at SEND in both the US Office and International Office in various administrative roles. But she is also a teacher, and has a Master of Divinity degree from Moody Theological Seminary and an earned Doctor of Ministry degree in Spiritual Formation from Ashland Theological Seminary. Lynn has engaged in training on the topic of Spiritual Formation at SEND’s Director’s Council, North American Conference, Candidate Orientation Programs, and for the Women’s Ministry Department in the USA and overseas. Prior to serving at SEND, Lynn worked in higher education as an administrator and faculty member and has taught at William Tyndale College, Cornerstone University, and Ashland Theological Seminary. Lynn’s avocation in life is to connect others with Jesus and to help them on their journey toward spiritual maturity.*