

# Sabbath Practice Retreat

Friday, May 14 - Sunday, May 16, 2010

*Sabbath: a day of rest; a spiritual practice of stopping from our labor to delight in the Creator and a glorious creation.*

## Why should Christians practice Sabbath?

There are lots of reasons! This retreat will offer the opportunity to reflect upon the Biblical mandates and examples of Sabbath. We will learn about Sabbath's roots in the creation story, the 10 commandments and the story of Israel. We will also study the life and ministry of Jesus, and how he reminded those around him of the power of Sabbath to heal. Rest, prayer and moments of delight will be integral to our time together.

## Retreat Leaders:

Rev. Todd Spencer & Rev. Marlene Urban-Funk

## Retreat Cost:

TBA = food and supplies

Lodging is free

## Retreat Location:

John Wesley Ranch

21285 State Highway 67

Divide, CO 80814

45 minutes from downtown Colorado Springs

*For more information, or to add your name to the email list, contact Marlene at: [marlenef@fumc-cs.org](mailto:marlenef@fumc-cs.org) or 687-2148*