



LWML CNH CHRISTIAN LIFE LINE

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SO WHAT IS A RETREAT?

The dictionary defines a retreat as an act of moving back or withdrawing as from enemy forces. The thesaurus shows retreat as a pullback, pullout, recession, withdrawal, back away, fallback.

Poking around on the internet, I came across these comments about a retreat.

- A retreat is a type of group getaway in which the members take time to form bonds with others.
- The immeasurable value of a retreat refreshes and revitalizes, gives the opportunity for more time spent in prayer and contemplation, and rekindles a deeper relationship with God.
- An army or body is said to retreat when they turn their backs or withdraws from the enemy.
- A retreat can either be a time of solitude or a community experience, spent in silence or active conversation and activity

Luke reports in 5:16 that Jesus often withdrew to the wilderness for prayer and conversation with His father. Jesus often went on retreats. He knew He needed time away from the crowds, from teaching, from healing just to pray and refresh Himself.

In Luke 9, Jesus even took His disciples away and withdrew from people to a quiet place, a town called Bethsaida.

There isn't necessarily anything wrong with being successful, well-known, or busy. But it can be dangerous to our souls. We can begin to live not for what matters most in life, but for achieving more or enhancing our image. Moreover, we can be tempted to fill our lives with more and more activities, neglecting our core relationships and even our own health. Last year, a number of the "most successful" Christian leaders backed away from their ministries in order to get their lives back in order. Though I haven't found myself in such a need, I am easily tempted to overbook myself when people want me to do "good" things.

Think about it. If the Son of God, the one who experienced unique intimacy with the Father, needed to go on retreat, then don't you and I need to do the same? How can we expect to negotiate the challenges and opportunities of our lives if we don't back away every now and then so as to take time for rest, reflection, and most of all, prayer and time with our heavenly Father? When have you experienced refreshing times of retreat in your life? What keeps you from taking the time you need to withdraw from your everyday busyness?

PRAYER: *Lord Jesus, every time I read this section of Luke, I am impressed by your habit of taking time away from the crowds in order to be still and pray. I quickly realize how little I do this and how much I need it. And I know I'm not alone. So many of us find our lives more than full and at times overwhelming. It can almost seem impossible to get away. Help us, Lord! Teach us to build times of retreat into our lives. We all need it. Thank you, dear Lord, for your example in this text. Help me to follow it! Amen.*

LWML CNH Retreat

August 27-29, 2021

Episcopal Conference Center Oakhurst (ECCO)
43803 Highway 41, Oakhurst, CA 93644



**Plan
Now
To
Attend!**

**Join your sisters-in-Christ for a RELAXING weekend
of fun, fellowship, renewal & inspiration!**

- Bible study
- praise & worship
- music to soothe your soul
- singing
- gathering of old and new friends
- servant events
- delicious meals
- games
- free time
- morning & evening devotions

Bible Study Leader: Judy Huber

Musicians: Pastor Hal Toenjes and Pastor David Floyd

Servant Event: Days for Girls and Phil's Friends

Retreat Weekend

Registration includes: 1-4 per room, 5 meals, linens
Friday, Aug. 27: Registration opens at 4 pm, Dinner at 6 pm
Sunday, Aug. 29: The retreat ends after Sunday worship

Go to www.lwmlcnh.org to see complete retreat details...there's so much more!

HOPE TO SEE YOU AT THE RETREAT!!