



## *A year-end retreat to prepare for Advent and 2025*

Being still might seem like an impossible concept in our fast-paced world, *especially* in the month of December! When the pace of life is so fast, we often don't take the time for self-reflection and we can end up exhausted while operating on auto-pilot. However, it is in moments of stillness that we often hear God's voice most clearly and can gain clarity and perspective.

So, you are invited to take a break from the "busy-ness" of December and give yourself "A Gift of Stillness." Join us at **Mount Olivet Retreat Center** on **Saturday, December 7** for a year-end retreat to prepare you for Advent and the new year. Be nourished and restored by connecting with the beauty of nature, others, and yourself while listening to God's voice.

### **Retreat Highlights**

- **Reflect** on what God highlighted for you this past year as you **Contemplate** 2024's joys, challenges, and surprises.
- **Surrender** all that has happened this past year, both the good and the difficult as you say goodbye to 2024.
- **Explore** what new things God might be revealing to you as you intentionally **Create** some dreams for 2025.
- **Commit** to receiving to wherever God may be leading you in 2025.
- **Be Still** to re-energize and lift your spirit so you can joyfully embrace the season of Advent.

### **Retreat Format**

#### **Before December 7**

- Reflect on your year in 2024 including your joys, sorrows, significant events, and ways God is moving in your life.
- Ask God to reveal to you what you are invited to **say goodbye** to and leave in 2024.
- You will receive a journal and some journal prompts to reflect on 2024 before the retreat on December 7.

#### **On December 7**

- Saturday, December 7, 9 am – 4 pm at Mount Olivet Retreat Center in Farmington, MN
- Say hello to 2025 by asking what might be God's dreams and vision for your next year.
- Replenish your spirit before the busy holiday season through connection, time in nature and healthy food.
- Enjoy a variety of activities including group sessions, solo reflection time, guided meditation, and creative expression.
- If desired, choose a word or focus for 2025 and create a reminder of your intention.

### **Retreat Facilitators**

#### **Gwen Pickering**

Gwen is a Spiritual Director and an experienced retreat facilitator where she accompanies people who are seeking to deepen their relationships with God. She believes that God is with us in every moment. Taking time to reflect on our life, we not find God, we find our True Self.

#### **Betsy Hedding**

Betsy is a certified health coach who loves to accompany people seeking to build healthy lifestyle practices. As part her own "practices," Betsy has been doing a personal year-end retreat for the last eight years. She believes in the power of finding some "Stillness in December" with the intention to "listen to God" as she prepares for each new year.

### **Retreat Cost and Registration**

- The cost of the Stillness Retreat is \$55 and includes retreat materials, a journal and food at the Mount Olivet Retreat Center.
- Registration Deadline is November 20
- Register online or in Immanuel's Church Office