



***Strengthening Your Core:
Spiritual Fitness with St. Benedict***



A Fall Retreat at St. Nicholas Episcopal Church in Midland

We exercise to build muscle and strengthen our physical bodies. Why not do the same for our spiritual bodies? As members Christ's Body through our Baptism, we can pump some spiritual "iron" to strengthen our connection with God and each other, and tone our hearts to receive God's inner peace and wholeness. We can take steps to condition our mind and spiritual body to "run with perseverance the race that is set before us" (St. Paul in Hebrews 12:1).

St. Nicholas Episcopal Church in Midland is offering an opportunity to condition these spiritual muscles at a Fall Retreat on Friday, September 24th and Saturday, September 25th. At this retreat we will use the practices of Benedictine Spirituality as tools to strengthen our relationship to God and to bring balance into our often fragmented lives. Written in the sixth century the monastic Rule of St Benedict speaks with a compelling voice and is a relevant spiritual resource for us in the 21st century.

Learn ways to center your heart in Christ through your day-today routines.

Become more open to the many possibilities that God offers each day.

Find ancient yet relevant practices that can have a lasting impact on your life.

The retreat will take place on Friday evening from 6:30 pm to 8:30 pm and continue on Saturday from 9:00 am to 3:00 pm. A simple lunch will be provided on Saturday.

The retreat will be led by The Rev. Dr. Jane Tomaine, an Episcopal priest and author of *St. Benedict's Toolbox: The Nuts and Bolts of Everyday Benedictine Living* (Morehouse, 2005). A nationally known retreat leader, Jane served as rector of a parish in New Jersey for 12 ½ years. She will be sharing her love of this spirituality with us and how wisdom from ancient practices speaks today with a living voice.

For more information and to register for this retreat contact St. Nicholas' Church Office at 432-694-8856. The church is located at 4000 W. Loop 250 N. in Midland.

What then, dear sisters and brothers, is more delightful than this voice of the Lord calling to us? See how the Lord in his love shows us the way of life.

Prologue to The Rule of St. Benedict, 19-20