

靜 修 會

來吧，我所愛的。

「你們得救在乎歸回安息；你們得力在乎平靜安穩；」（以賽亞書 30:15）

你是否發現自己极其忙碌,或者服事非常紧张，需要休息和加油？這就是為甚麼我們需要退修會，好讓我們有目的地暫停，從工作中抽身出來休息一下，就像上帝所做的一樣（參希伯來書 4:10）。

但有時僅僅停下正在做的事情是不夠的，我們還需要聽到上帝的聲音 - 那位帶領我們到安靜的水邊，並讓我們躺臥在青草地上的牧者的聲音。從安息到靜默，需要我們關閉所有的常用小工具，並排除所有其他的聲音（包括我們自己的），好沉浸在靜默中，這樣能較為容易和清晰地聆聽我們的創造者，與祂有親密而神聖的團契。

WOW (Women Of Wonders)! 誠邀您來參加靜修會，與上帝和他人共度一段甜美的時光。

時間：1) 2018 年 7 月 20 至 22 日， 2) 2019 年 1 月 25 至 27 日

地點：賓夕法尼亞州伯利恆聖弗朗西斯更新中心

(St. Francis Center for Renewal, Bethlehem, Bethlehem, PA)

費用：\$250 - 雙人房； \$ 275-單人房

時間表：

星期五： 7:00pm

- 會議簡介
- 小組聚會

星期六： 靜修會

- 早餐、午餐和晚餐
- 與屬靈導師的单独分享時間
- 其他有帶領的活動

星期日：

- 早餐，
- 小組分享，
- 聖餐
- 信息
- 结束 \ 午餐

下面是往年靜修會參加者的一些回響：

這個退修會是我在生命深谷時的一件禮物。那時我的母親正在與癌症抗爭，我飛來飛去照顧她。雖然整個夏天我與先生和孩子們在一起的時間非常有限，但我知道我是多麼需要在神的面前安靜，與祂交流，好讓我能挺過這場考驗。一個月後，我們失去了我親愛的母親，但那個靜修的週末，小河的流水、鵝的咕咕聲以及鹿的安寧都深深地留在我的靈魂中，讓我確知：一切都會好起來。現在，在失落和悲傷中，也有一份深深的寧靜和對神的驚嘆伴隨着我，讓我知道，那口井總在那裡，我可以隨時來取水喝。

——埃里卡（Erika）

上帝應許說，當我們熱切尋求祂的時候，祂必賞賜我們。（參希伯來書 11：6）祂的首要願望就是與祂的兒女們建立親密相愛的關係。作為祂的孩子，祂想對我們說話；如果我們傾聽，就可以聽到（約翰福音 10：3-4，16，27）。明白這一點，每個參與靜修會的人都帶著不同程度的期望來傾聽，因為我們的神是信實的，每個人都以獨特的方式體驗到了祂的觸摸。當心靈和頭腦都安靜下來，祂的「聲音」給所有人帶來了鼓勵。對於一些人來說，他們得到的是在祂裡面的身份認同；而另外一些人則再次確定了祂的永恆之愛、祂的呼召、生命的方向、歸宿，以及與當前挑戰相關的新的希望和洞見。

——肯（Ken）

「來吧」，我知道祂會提供一條道路，我只需要順服。在順服中有甜蜜的獎賞——不是可摸的，而是不可觸摸，是靈裡面的更新，是思想的轉化，以及身體的休息。——匿名參加者

我重新被造！我是祂的，祂是我的。

我已自由，脫離了生活的鎖鏈和專橫

我被無條件的愛所愛著，

在祂裡面我被升高

所以我能翱翔在處境和挑戰之上

祂是我的力量

因祂為我擋住了所有的攻擊

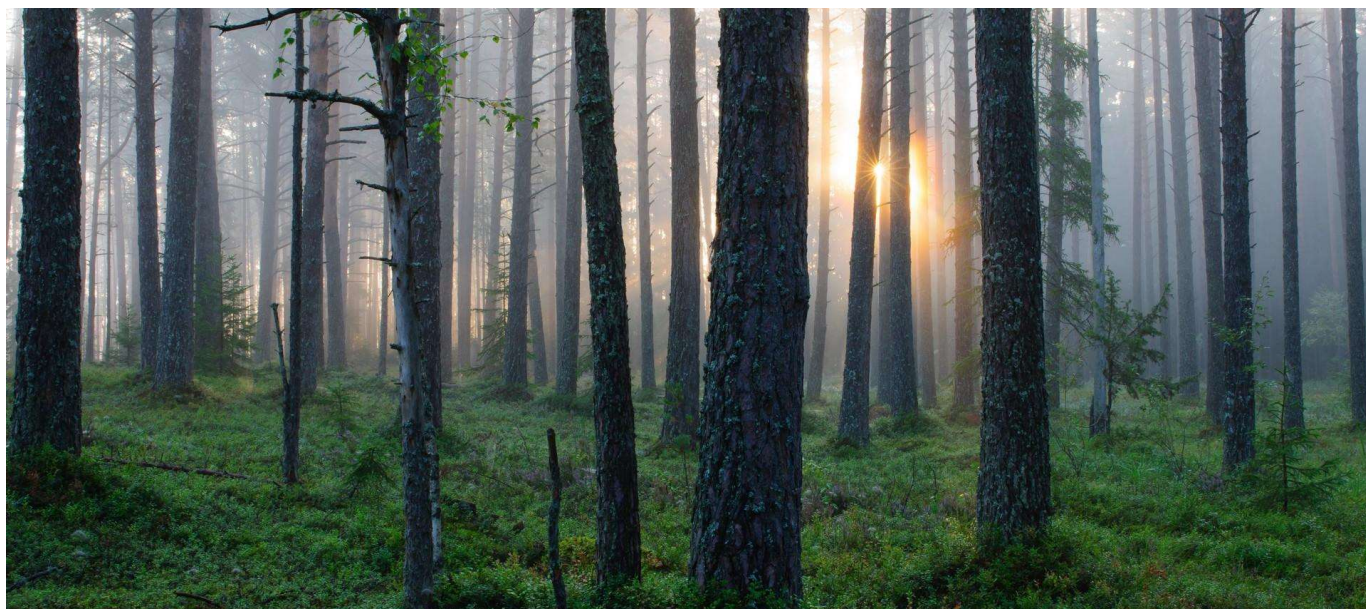
讓我在祂的翅下安歇

自由地成為祂所命定之人

我是我，因為祂是祂，我可以自由地成為在我里面的光！-安（Anne）

Summer and Winter Refresh

Come away, my beloved.



In returning and rest you shall be saved;
in quietness and in trust shall be your strength (Isaiah 30:15).

Ever find yourself uber busy or intensely ministering and needing to rest and refuel? That's why we go on retreats. Because we need purposeful pauses to rest from our labors as God did from his (Hebrews 4:10).

But sometimes it's not enough just to stop what we are doing. We also need to hear the voice of God -- the Shepherd who leads us besides still waters and makes us to lie down in green pastures. To move from sabbath to silence requires us to turn off our gadgets and silence all other voices, including our own. Then as we are soaking in the silence, it becomes easier and clearer to hear our Creator, the One who created us for intimate and divine fellowship.

WOW! wants to invite you to a wonderfully refreshing time with God and others.

What: 2018 Summer Refresh, 2019 Winter Refresh

When: July 20-22, 2018; January 25-27, 2019

Where: St. Francis Center for Renewal, Bethlehem, PA

Cost: \$250- Double Room Occupancy

\$275- Single Room Occupancy

Schedule:

FRIDAY: 7PM

- Orientation
- Meeting in Small Groups

SATURDAY: SILENT RETREAT

- Breakfast, Lunch & Dinner
- Individual Time with Spiritual Director
- Other Guided Activities

SUNDAY:

- Breakfast,
- Group Sharing,
- Communion,
- Message,
- Wrap-up & Lunch

Through the years here are what retreatants have said about Refresh.

The retreat was a gift for me in the midst of a deep valley in my life: my mother was fighting cancer and I was flying back and forth to care for her. Even though I only had limited time with my husband and children over the summer, I knew how desperately I needed silence and communion with God to sustain this trial. We lost my dear mother one month later, but the flow of the creek, the cackles of the geese, and the peace of the deer nestled deeply into my soul that weekend and reassured me: all will be well. I now carry this deep peace and wonder with me in loss and grief and know that the well is always there to come and drink.

~ Erika

God promises to reward us when we earnestly seek Him (*Hebrews 11:6*). His one desire, above all else, is to have an intimate love relationship with His daughters and sons. As His children, He wants to speak to us, and we can hear His voice if we listen (*John 10:3-4,16,27*). With this in mind, each participant came, with various levels of expectation, to listen. Because our God is faithful, all experienced His touch in unique ways. As hearts and minds were quieted, His "voice" brought encouragement to all. For some it was receiving assurance of their identity in Him, for others reassurance of His unfailing love, His calling, direction, destiny, new hope & perspective relating to current challenges.

~ Ken

"Come away." I know He will provide the way, I just have to obey. In obedience, there is sweet reward – not tangible, but intangible: renewal of spirit, transformation of mind, and rest for my body. . .

I am made new again! I am His, He is mine
I am free, no more chains of life and demands holding me
I am loved without condition
I am exalted in Him to a higher position,
so I soar above my circumstances and challenges that come,
my strength is drawn from Him
I take my rightful place under His wings
where I am covered from weapons formed against me –
free to be who I am made to be
I am, because He is, I am free to be the light within me!

-Anne