

*A one day getaway
with Jesus!*

*Are you tired?
Worn out?
Burned out on religion?
Come to me.
Get away with me
and you'll recover
your life.
~ Jesus*

Matt 11:28 -30 The Message



*DreamGiver's Inn (Newberg)
(one of our day retreat locations)*

*Imago Christi
(a spiritual formation
ministry of CRM)
presents...*

Refresh

*A facilitated spiritual day
retreat to enliven your soul*



Imago Christi

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Portland, OR. 97219
Phone: 503-320-1138
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refreshretreat.html](http://www.paulagamble.com/refreshretreat.html)*



*Canby Grove Conference Center
(one of our day retreat locations)*

An Invitation

...to get away for awhile.

...to intentionally reconnect with self,
God and mission in a beautiful setting.



5 Rock Ranch (Yamhill)

(one of our day retreat locations)

Most people in life, much less ministry, ever get or take time to intentionally cooperate with and find refreshment in God. These facilitated retreat days are a chance for you to step aside both in community and individually to soak in God's love and creation.

Who may come?

Anyone with a heart to discover, recover or deepen their intimacy with Christ.

What's the day like?

We'll start at 9am with some worship to focus and prepare our hearts. A general theme or scripture will be presented, with some optional questions for you to consider for personal mediation. Then you'll be given personal time until lunch. After lunch we will have another

short spiritual exercise together. When you are not in your coaching appointment, you will continue to have time to wander, reflect, pray, rest, read, etc. We'll end by 4pm so you'll still have time to join your family or friends for dinner!

(Occasionally, massages will be available for an additional fee! And if space is available, you may be able to book an overnight stay at 5Rock and DreamGiver's Inn for a reduced rate for the night post-Refresh.)

Cost?

\$45* This includes lunch, ongoing coffee/bev service plus snacks. This also includes a **one-on-one 30-minute spiritual "coaching" appointment.**

* (\$55/person @ DreamGiver's Inn)

What to bring?

Bible, journal, pen, sketchpad, walking shoes/boots; comfortable attire. Please DO NOT bring your computers or other normal "work".

Other benefits?

It's close – not a lot of gas money, and you can be home for dinner! Connect with other ministers in the Portland/Vancouver area. Retreats ongoing throughout the year. Or arrange to have your own group (worship team, women's ministry, board, missions etc) gather together.

Got questions?

Don't hesitate to email or call Paula as listed on this brochure!

Registration for Refresh

- April 28th (Monday) @ \$55
DreamGiver's Inn (room for 10)
 - May 10th (Sat) @ Canby Grove \$45
(room for 15)
 - May 19th (Monday) @ 5 Rock \$45
(room for 15)
- Total \$ enclosed

Interested in a massage?
(approx. \$50 for 45 minutes)

Interested in spending the night?
(check box and we'll email details)

Name _____

Address _____

Phone _____

Email _____

Non-refundable \$20 deposit per person due two weeks before the event. This deposit secures your place on a first come first serve basis.

Please fill out this registration (one per person, you can copy this form) and enclose a check, made payable to Paula Gamble and mail it to:
(You will receive a confirmation email upon receipt)

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