

REGISTRATION FORM

Name _____

Phone (including area code) _____

Email Address _____

Please check preferred time for meeting with your spiritual companion, once per week, same time each week on Mondays (check all that would work for you).

Morning (between 8:45 and noon)

Afternoon (between 1:30 and 4:45)

Evening (between 6:30 and 9:00)

Special meeting time requirements (e.g. after 3:00 pm). If flexible, leave blank

Check here if you prefer to meet as a couple. If so, please provide the name and contact info for the other person _____

(continued on the other side)

Two things are needed for spiritual growth – Desire and Prayer

Registration

Contact Mona Smith Herberg at mona@parkwayucc.org or 314-872-9330. Completed registration forms may be hand delivered to the Church Office or emailed to Mona. Registration encouraged by January 5.

There is no registration fee, but retreatants are invited to share the costs of the retreat as they are able. Regarding offering amount, the average cost for each retreatant is about \$44, some retreatants contribute less and some contribute more. Offerings may be given to the retreat coordinator, cash or check made out to Month of Grace + Prayer. Your offerings help support the continuation of this ministry.

Over 100 retreats in the greater St. Louis area since 1995.

Dayspring Baptist Church

1001 Municipal Center Dr.
St. Louis, MO 63131
www.dayspringstl.com

Parkway United Church of Christ

2841 N. Ballas Road
St. Louis, MO 63131
www.parkwayucc.org

"As a pastor, I am always searching for ways for our community to step deeper into relationship with Jesus Christ. The Month of Grace + Prayer is an excellent way to do just that."

Rev. Kimberly Jenne,
Webster Hills United Methodist Church

The schedule for upcoming retreats, frequently asked questions and other information is available at www.momentsofgraceandprayer.org.

Month of Grace+Prayer

A Retreat in Everyday Life

The next step on your spiritual journey

Dayspring Baptist Church

&

Parkway United Church of Christ

January 14 - February 11, 2018

Overview

- A retreat in everyday life—pray on your own at least 20 minutes each day and meet privately with a spiritual companion for one hour, once per week for four consecutive weeks.
- A retreat personalized to what you are hoping for—your spiritual companion will offer suggestions accordingly. Many retreatants explore new ways of praying, and for some, it is a first experience of spiritual direction.
- An opportunity to become more aware of God’s presence in your life.
- Couples in committed relationships have the option of meeting as a couple with a spiritual companion, rather than separately.
- Spiritual companions are not allowed to serve in their own church, nor may companion someone they know.
- Any adult is welcome regardless of church affiliation or denomination.
- All in-person meetings take place on the church grounds. If you cannot meet in person one or more of the sessions, it is possible to meet via phone or Skype.

Praise *from* Retreatants

“My spiritual companion was excellent, understood my concerns and goals, and offered many suggestions for types of prayers and activities. My companion listened! I think we were an excellent match, and since there was no information about each other given during registration, I believe it was God’s will. Thank you, God!”

“I was feeling that my prayer life was in a rut. Now my spiritual/prayer life have started a new, fresh chapter I hope will unfold for years to come.”

“This retreat is so practical—integrating my spiritual life and my work life with simple prayer techniques I can use on a daily basis.”

“For the first time in my life, I am beginning to truly believe that Jesus desires to be *my* friend.”

“I now recognize ways I was already praying, but did not appreciate.”

“This retreat improved my prayer life more than anything else I have ever done.”

There is no wrong way to pray. You can’t do this retreat wrong.

Specifics *of the* Retreat

- The retreat begins on Sunday, January 14 at 2:00 pm at Parkway United Church of Christ. At this gathering, there is prayer as a group and each participant meets his/her spiritual companion (lasts about 90 minutes).
- Confidential, one-on-one meetings between retreatants and spiritual companions occur on Mondays at Dayspring Baptist Church (same time each week for each participant) selected from the following when registering:
 - M—between 8:45 & 12:00
 - A—between 1:30 & 4:45
 - E—between 6:30 & 9:00
- All in-person meetings take place on the church premises. If you cannot meet in person one or more of the sessions, it is possible to meet via phone or Skype (which need not be on Mondays).
- All Closing of the retreat is celebrated as a group on Sunday, February 11 at 2:00 pm at Parkway United Church of Christ (lasts about 90 minutes).
- You may still participate in the retreat if not able to attend the gatherings on January 14 and/or February 11.

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(continued)

If there are any weeks that you need to meet via phone or Skype, please indicate which weeks

The opening of the retreat will begin on Sunday, January 14 at 2:00 pm at Dayspring Baptist Church (lasts about 90 minutes). Please indicate whether you will be able to attend.

___ Yes, I plan to attend the opening.

___ No, I cannot attend the opening.

We prefer to assign different spiritual companions to retreatants (not meeting as a couple) who have close personal relationships, such as mother/daughter, spouses or very close friends. Please provide the name(s) of anyone registering with whom you have a close personal relationship.
