



On Being a Spiritual Nurturer

2018 – 2019 Program

Are you interested in learning more? Please come!

Testing the Waters Retreat

Lexington Friends Meeting

Saturday, April 28 2018

9 AM to 3:30 PM

Come meet the core teachers of the *On Being a Spiritual Nurturer* program in a one-day contemplative retreat.

Program includes:

- Introduction to 'spiritual nurture' and how it serves Quaker meetings.
- Reflection on spiritual disciplines, prayer, and cultivating the inward life.
- Small group experience to practice close listening and mutual support.
- Question & Answer period about the program.

Snacks, beverages, and light lunch provided. Free-will donations of up to \$25 are gladly accepted to cover the costs of the beverages, food, and transportation for the teachers.

Want more information?

Email Evelyn Jadin, program coordinator, at evelyn@schoolofthespirit.org

Visit our website and register in advance (helpful for retreat planning)

<http://www.schoolofthespirit.org/testing-the-waters/>