



***Strengthening Your Core:
Benedictine Values and Practices for Today's World***

A Lenten Retreat at St. Nicholas' Episcopal Church

Do you find daily life fragmenting? What might your life look like if you could find balance and peace of heart?

Are you looking for ways to center your life and strengthen your relationship to God?

Could Lent provide an opportunity to go deeper in your journey with Christ?

If any of these thoughts intrigue you or if you are simply looking for a different way to make your journey toward Easter, plan to join us for a Lenten Retreat at St. Nicholas' Episcopal Church in Midland on February 26 and 27th. We will be exploring how the sixth century monastic Rule of St. Benedict is a compelling and relevant spiritual resource for us in the 21st century.

***Discover* how Benedictine Spirituality can give you tools to meet life's challenges with grace, joy and hope.**

***Learn* ways to center your heart in Christ through your day-today routines and to be more open to the many possibilities that God offers each day.**

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

***Take* a break from the normal fray of daily responsibilities to refresh and renew.**

Our 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