

*"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you will recover your life." - Matthew 11:28*



# *Find Rest for Your Soul*

*A one-day contemplative retreat*

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*Saturday, July 9, 2016*

*8:30 am to 4:30 pm*

*Quiet Oaks*

*10008 Silk Oak Circle, Oakdale, CA 95361*

*We will explore the Scriptures and experience ancient Christian practices that renew and revive the soul. Plan to spend the day with us, as we seek refreshment, renewal and rest in the presence of God.*

*Registration fee of \$50 includes a nutritious lunch, program facilitated by spiritual direction interns, and opportunity for spiritual direction.*

*To register, go to <http://www.journeycenter.org/regForm.php>.*

*Call the Journey Center at 707.578.2121.*