

EXPLORING TRANSITIONS

"True to Myself" April 18-20, 2018



"True to Myself" is the first of a four-part retreat series sponsored by Portico Benefit Services. While everything seems to be changing within and around us, the purpose of the retreat is to seek our true nature. We will explore our whole, unbroken selves in the midst of our life stories, which we offer up freely and joyfully to the world.

Who Should Attend?

Especially designed for rostered leaders, but anyone in the midst of a life transition—retirement, new call, divorce, loss of a loved one, or emotional distress—will benefit.

Whatever your transition, come away to Lutheranch to listen, discern and connect with God and others in transition.

The retreat offers the rhythm of liturgy that includes music, scripture, poetry, time for individual and small group reflection within a sacred, safe space. Participants are invited to pause, listen and gain clarity.

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McKanna-Sandrock Retreat Center at Lutheranch

Cost per Person: \$425 (private room), \$350 (double occupancy)

Includes lodging, meals and program. All rooms have a private bath.

Round trip transportation from Atlanta Hartsfield Airport for \$50.00.

**TO REGISTER contact NovusWay Ministries at 828-684-2361 or email registrar@novusway.org
Financial assistance upon request.**



Tammy Devine, Deacon and ELCA Wellness Manager at Portico Benefit Services

Tammy is a strategic and systemic whole person promoter of well-being, through education and inspiration throughout the ELCA. She collaborates with thought leaders to facilitate and motivate whole person lifestyle choices and serves as an external wellness consultant and coach to integrate well-being.

Michael Larson, Director of Worship, Arts & Service, Lutheran Church of the Good Shepherd, Olympia, WA

Michael graduated from the Master of Theological Studies program at Pacific Lutheran Theological Seminary, in Berkeley, CA, where he focused his studies on music as local theology. "I was raised going to a Lutheran church every Sunday morning, listening to radio on the way – it makes sense to me that these two things can be joined together. I'm interested in pointing to the presence of God in all of life and removing the false divisions between sacred and everything else."

