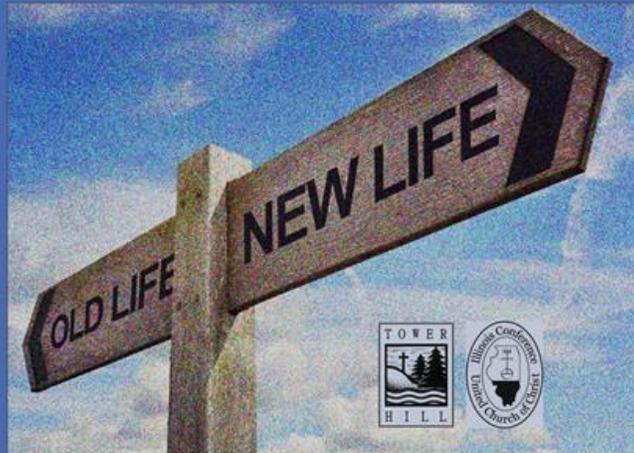


**Fall Adult Retreat** October 24<sup>th</sup> to 26<sup>th</sup>  
**Pre-retirement and Retirement: a Spiritual Path**

There are many ways to think about our pre-retirement and retirement years. This retreat will help participants consider these stages of life from a spiritual perspective as we reflect on thoughts from Anne Lamott's recent book *Dusk, Night, Dawn*, and engage in various contemplative practices.

Our time together will include contemplation, community activities, rest, silence, adventures in nature, and fun! You can benefit from this retreat whether you are years away from retirement or many years into retirement.



**Illinois Conference, UCC Outdoor Ministries**  
**Fall Adult Retreat**  
**Pre-retirement and Retirement: A Spiritual Path**  
**Tower Hill Camp and Retreat Center**  
**Sunday, October 24th through Tuesday, October 26**  
**Leader: Rev. Jeffrey Phillips**

There are many ways to think about our pre-retirement and retirement years. This retreat will help participants consider these stages of life from a spiritual perspective as we reflect on thoughts from Anne Lamott's recent book *Dusk, Night, Dawn*, and engage in various contemplative practices.

Our time together will include contemplation, community activities, rest, silence, adventures in nature, and fun! You can benefit from this retreat whether you are years away from retirement or many years into retirement. Participants will be encouraged to read one of Lamott's essays before the retreat.

The theme of retreat is "a spiritual path", what and why? We will cover various stages of life in world religions, cultures, and literature with small group conversations on your individual stage of life.

Our retreat leader Rev. Jeffrey Phillips is a UCC pastor and certified interfaith / interspiritual spiritual companion. Participants will each have the option to spend thirty minutes with Jeffrey in a spiritual companionship session.

This introspective retreat starts at our Tower Hill Retreat Center in Sawyer Michigan on Sunday October 24th and ends after lunch on Tuesday October 26th. All meals are covered with exception of Monday evening dinner where guests are encouraged to either prepare their own meal or visit one of the many local restaurants.

Cost for this retreat: \$300 for single occupancy, \$200 per guest for double occupancy. Tower Hill is planning to house guests in their 5 separate cottages. For additional information call Tower Hill direct at 269-426-3881. Space is limited. To register online: <https://outdoorministries.campbrainregistration.com/>

©2021 Illinois Conference United Church of Christ.  
Outdoor Ministries 26449 1340 N Ave., Princeton IL 61356  
[odmregistrar@gmail.com](mailto:odmregistrar@gmail.com)  
phone: 815-447-2390