

The Diakonia Program

An invitation to a day of retreat—All are welcome

WEAVING THE PSALMS WITH MIND, BODY, AND SOUL

Led by Rev. Dr. Wendy Abrahamson

Saturday, October 17, 2026
9:30 Registration and Coffee 3:00 Closing
At Lord of Life Lutheran Church in Tabernacle, 1 Winchester Court, Tabernacle, NJ
Church is handicap accessible

Hosted by Growing in Faith: NJ Diakonia Steering Committee
$50.00 donation includes lunch. Supported by Thrivent Action Team

Martin Luther's **Four-Strand Garland** is a simple yet powerful method for praying through Scripture designed to help the heart and mind focus on God's Word. Each strand is a way of engaging a passage of Scripture. Led by Rev. Dr. Wendy Abrahamson

- **Instruction** – Listen for God's teaching. Read the passage slowly and reflect on what truth or principle is being revealed. This is the "preaching" of the Holy Spirit, where God speaks to your mind and heart.
- **Thanksgiving** – Respond with gratitude. Let the truth stir your heart to praise God for His grace, provision, or work in your life and in the world.
- **Confession** – Examine your heart in light of the passage. Identify any sin or areas where you fall short of God's standard.
- **Prayer** – Respond to God's call. Ask for His guidance, help, or action in the situations or people He has revealed.



Reverend Dr. Pastor Wendy Abrahamson comes to us with 26 years of experience, serving congregations in Asbury Park, Florham Park and Pompton Plains. She received a Master of Divinity from the Lutheran Theological Seminary of Gettysburg and Doctor of Ministry from Drew Theological School. Pastor Wendy is an experienced spiritual director, retreat leader and coach. .

Question and Registration: email Ellen J. Lindemann at Ellen.Lindemann@raritanval.edu

REGISTRATION

Enclose $50.00 donation. Please make the check payable to "Diakonia" and mail to:
Diakonia - c/o Ellen Lindemann, 404 Whiton Rd., Neshanic Station, NJ 08853

Name: _____ E-Mail: _____

Address _____ Phone: _____

_____ Congregation: _____