

The West Virginia Institute for Spirituality

Advent Retreat 2023: A Time to Relax

(Retreat offered via Zoom)

Facilitated by:

Jerry Rutledge, J.D., WVIS Associate Spiritual Director Intern

Friday, December 8th and Saturday, December 9th



It can be a joyful and stress-free holiday with the Wise Men, Angels, Shepherds, and the Holy Family. However, the holiday offers many reasons to be stressed out and anxious. Gifts remain unwrapped, grandma's cookie recipe is unreadable from the butter stains on it, my back still hurts from last Christmas taking decorations out of the attic, and everyone wants to bring a green bean casserole to help with the holiday dinner. I'm overwhelmed with planning for a happy holiday, and my family and relatives want to argue about ... ANYTHING ... which is hardly peace on earth!

Jesus dealt with family arguing too and sought peace. "When he was in the house, he asked them, 'What were you arguing about on the road?' But they kept quiet because on the way they had argued about who was the greatest. Sitting down, Jesus called the Twelve and said, 'Anyone who wants to be first must be the very last, and the servant of all.' He took a little child whom he placed among them. Taking the child in his arms, he said to them, 'Whoever welcomes one of these little children in my name welcomes me; and ... the one who sent me.' Mark 9:33-37. "Jesus said, 'Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.'" Matthew 19:14.

Good grief! For the love of God, what is happening? Jesus, please set me free!

Leave your stress at the door and relax at this year's Advent Retreat. For a limited time only, bring your sense of humor and child-like wonder to reflect creatively about the holiday with nativity-themed stories from around the world and humorous holy reflections.

Yes ... it's still guaranteed to be Holy. And you can take the mirth, good cheer, and peace home with you for the holidays.

Dates/Times: Friday, December 8th from 6:00 – 8:00 p.m. and Saturday, December 9th from 9:00 a.m. to 2:45 p.m.

Register Online: Register online by visiting [Registration - WVIS](http://www.wvis.org/registration) at www.wvis.org/registration

Registration Deadline: December 7, 2023

Offering: \$50.00 (includes materials, and certificate) – please note that to receive your certificate, you must participate and have your camera on during the entire retreat.

Questions: Tel. (304) 345-0926 OR E-Mail: GodsHopeInYou@gmail.com

