

Without solitude it is virtually impossible to live a spiritual life. Solitude begins with a time and place for God, and him alone. If we really believe not only that God exists, but also that he is actively present in our lives—healing, teaching and guiding—we need to set aside a time and space to give him our undivided attention.

—Henri Nouwen
Making All Things New



The Good Seed

Bearing Fruits of Faith

Mark 4

Saturday, March 6

9:30 AM-4:00 PM

(9:00 AM check-in and refreshments)

All by itself the soil produces grain—first the stalk, then the head, then the full kernel in the head. Mark 4:28

a one-day retreat for men and women to be held at:

 **ebic**
Elizabethtown BIC Church
996 East High Street
Elizabethtown, PA 17022

Join us for a day apart to attend to God's invitation to be good soil and good seed. We have come through the season of summer with its lush growth and fall with its bountiful harvest. We are now in winter with its silent resting. We are looking forward to spring with its soil preparation and seed sowing.

During winter much of the land rests and seeds lie dormant waiting for spring. We will spend some time during this retreat preparing the soil of our hearts, taking in the good seed of God's word and resting with it. We will also take time to share our hopes for lush growth and the fruitfulness to come.

Through scripture reading, prayer, movement, silence, conversation, and creation we will explore and respond to God's invitation to us to be good soil and good seed.



About our presenter:

Ramona Ndlovu is an active member of EBIC. She is currently a women's group mentor for Day Seven Ministries (a Christian counseling agency) and is training with Oasis Ministries' Spiritual Direction for Spiritual Guides and Leading Contemplative Gatherings programs. She enjoys reading, handwork, gardening, teaching, and helping others recognize God at work in their own lives through prayer and conversation.

Schedule

9:00 AM	Check-in and Refreshments
9:30 AM	Session 1—Mark 4:3-9
11:30 AM	Lunch & Time on your own
2:30 PM	Session 2—Mark 4:26-29
3:30 PM	Closing

Cost: Suggested donation of \$5 (or as you are able).

Register by February 28 with Ramona Ndlovu (867-0968 or ran56@comcast.net).

Make checks payable to Ramona Ndlovu and place in her church mailbox or mail to 56 Valley Lane, Annville, PA 17003.

Bring your own lunch. Drinks and snacks will be provided. Bring a Bible, journal, and a pen. You may also wish to bring a pillow and a lap blanket. Dress comfortably in layers.