

# TOPICS WE WILL COVER

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We all need a time to relax and find comfort in the arms of our Shepherd. Take the time to get away from all responsibilities of every day life and re-energize as you spend some quality time with other Christian women. This retreat allows you to draw closer to God and know Him more intimately. This is a time when you can unwind, and refuel as you focus on yourself and your needs. Some of the Topics will be covering:

- Better understanding of Psalm 23
- Better understanding of the Shepherd/ sheep role
- Hearing the Shepherd's voice
- The tools of the Shepherd

# WHAT TO EXPECT

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- Interactive teaching sessions Bible study
- Crafts and games
- Christian fellowship, and fun
- Healthy living tips
- Quiet time with the Shepherd
- Prepare a Table with healthy cooking demos and participation
- Walk along still water and right paths (hike by the river)
- Shepherd's campfire and star gazing
- Enjoy Green pastures (or in the fall brown pastures)

# WHAT TO BRING

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- Dinner for Friday Evening
- Large towel or mat
- Bible

## I am answering the Shepherd's call!

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Email address: \_\_\_\_\_

Cost: \$230.00

Cost covers room, meals, snacks, and supplies

**Early sheep special until September 1st  
\$220.00**

Check In Friday 5:00 p.m.

Check Out Sunday 1:00 p.m.

Attire: Comfortable

Please submit this application with \$100.00 down-payment by September 1.  
*Checks payable to Laurie Dahle.*

Submit remainder of retreat fee by October 10 to:

**Laurie Dahle**  
**314-960-0034**  
**1012 Grovena**  
**St. Louis, MO 63126**  
**Faithexercisediet@gmail.com**

Retreat Location:  
LaSalle Retreat Center  
2101 Rue De LaSalle Dr.  
Glencoe Mo 63038  
Lasalleretreat.org