



Capital District

North Carolina Conference of the United Methodist Church

# Spiritual Formation Team

“Spiritual Formation: The process of being conformed to the image of Christ for the sake of others” -M. Robert Mulholland, Jr.

## Come Away with Me on Retreat

Join us for a time of prayer, reflection, and an exploration of spiritual practices in the Christian tradition. We give thanks to Blessed Earth for helping to sponsor this time apart for Sabbath renewal.

May 4 - 5, 2018

Bergland Center at Camp Rockfish

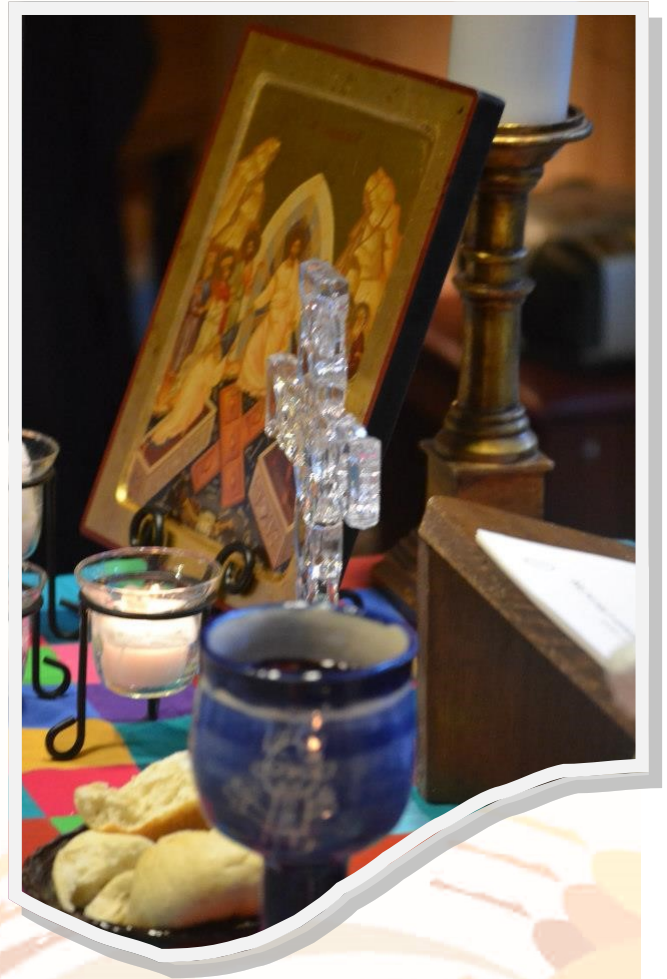
Check in begins 4 PM on the 4th,  
depart after lunch on the 5th

Cost: \$75 for single rooms, \$50 for double  
rooms (includes lodging and meals)

Bring your Bible and a journal, a good book  
or any relaxing activity.

Registrations must be received by April 13.

**Register online at:**  
**[capitaldistrictnc.org/registrations/](http://capitaldistrictnc.org/registrations/)**



Come away with me to a quiet place,  
apart from the world with its frantic pace,  
to pray, reflect, and seek God's grace.  
Come away with me. Come away...

- Mary Nelson Keithahn