

Lutheran Outdoor Ministries Center
P.O. Box 239
Oregon, IL 61061

Announcing — June 29, 1996
A One-Day Adult Spiritual Retreat

A One-Day Adult Spiritual Retreat

Pastor Jack Swanson
Leader

*The
Art of
Listening
to/for God*

Saturday
June 29, 1996
9:30 a.m. to 3:00 p.m.

Cost: \$4/person

Lutheran Outdoor Ministries Center
Oregon, Illinois

The Art of Listening to/for God

- ◆ Listening skills are a tremendous asset in human relations.
- ◆ These skills involve patience, centering on the speaker, being open and receptive, encouraging the conversation, and sticking with the conversation.
- ◆ These skills are also necessary when God is the speaker:
 - Where do we hear God speak?
 - How do we hear God speak?
 - What is God saying?
- ◆ Listening to God means many things:
 - What does God expect of me?
 - How does God hold me accountable?
 - When are God's words *words that comfort* and *words that challenge*?
- ◆ Listening for God involves:
 - Expecting God to speak.
 - Being accountable to God.
 - Discerning God's words to us.
- ◆ A skill is something one develops by practice.
- ◆ This retreat is a time for practicing.

✂ ✂ ✂

One-Day Spiritual Retreat — June 29, 1996 Registration Form

Name _____

Address _____

City / State / Zip _____

Congregation / Town _____

Please enclose the \$4.00 registration fee with this registration form and send to:

LOMC • P.O. Box 239 • Oregon, IL 61061

The registration fee covers cost of "Coffee and ..." upon arrival, noon dinner, and program. This registration will not be confirmed.

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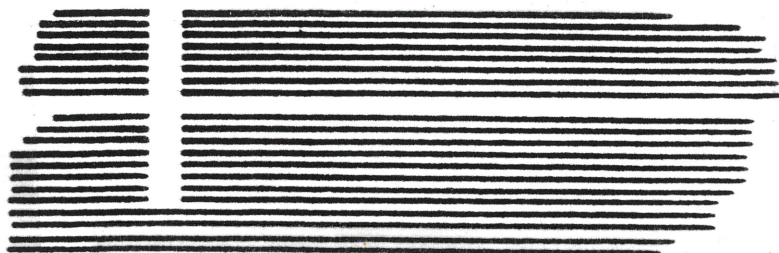
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*The
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LUTHERAN
OUTDOOR
MINISTRIES
CENTER



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DISCIPLINES OF THE RETREAT

1. A retreat moves
 - from self-centeredness to Christ-centeredness.
 - from emptiness to fullness
 - from here and now to then and there
 - from the absence of winter to the presence of Christ
2. There is time for
 - silence and for talking
 - prayer and meditation
 - being alone and sharing with others
3. Each person must take responsibility for oneself. Let go and let God.

4. Schedule

9:30am "Coffee and . . ."

10:00am Opening Worship

A time for personal reflection/meditation/prayer

Find the four objects.

One by one hold them in your hand and become absorbed in them. Listen to them. What can you imagine them saying? After this exercise let yourself become immersed in the eternal God.

Think about the various images of God. Look at each card. When you think of God in these images how does God speak to you?

On one of the two blank cards draw your own picture of God. How does God speak to you in that image?

Allow the blank card to be blank. Let God speak without an image.

Reflect on how God speaks to you. Think of 4 C's: Calling, Comfort, Challenge, and Conversion.

Are there some ways in which you can use these words to describe how God has talked with you? Are there some passages of Scripture that speak to you when you think of these 4 C's?

Various books are also available for reading and reflecting.

12:15pm Lunch

Please find one or more persons with whom to eat and let the conversation be reflections upon thoughts and feelings.

1:00pm A time for sharing with a friend or more personal time
Go for a walk

2:00pm A time for community sharing at a campfire site.

- Closing Worship
- Eucharist

3:00pm Departure

THE ART OF LISTENING TO/FOR GOD
a spiritual retreat for adults

OPENING WORSHIP

HYMN

"Listen, You Nations of the World"

LBW - #14

REST

Words used to define "rest?" (Write in space below)

Hebrews 4:1-13

Therefore, while the promise of entering his rest is still open, let us take care that none of you should seem to have failed to reach it. For indeed the good news came to us just as to them; but the message they heard did not benefit them, because they were not united by faith with those who listened. For we who have believed enter that rest, just as God has said,

"As in my anger I swore,

'They shall not enter my rest,'"

though his works were finished at the foundation of the world. For in one place it speaks about the seventh day as follows, "And God rested on the seventh day from all his works." And again in this place it says, "They shall not enter my rest." Since therefore it remains open for some to enter it, and those who formerly received the good news failed to enter because of disobedience, again he sets a certain day - "today" - saying through David much later, in the words already quoted,

"Today, if you hear his voice,

do not harden your hearts."

For if Joshua had given them rest, God* would not speak later about another day. So then, a sabbath rest still remains for the people of God; for those who enter God's rest also cease from their labors as God did from his. Let us therefore make every effort to enter that rest, so that no one may fall through such disobedience as theirs.

Indeed, the word of God is living and active, sharper than any two-edged sword, piercing until it divides soul from spirit, joints from marrow; it is able to judge the thoughts and intentions of the heart. And before him no creature is hidden, but all are naked and laid bare to the eyes of the one to whom we must render an account.

HYMN

"Dear Lord and Father of Mankind"

LBW - #506

ABSORBED

PSALM 63:1-8 (responsively)


LBW, p. 242

FOUR OBJECTS

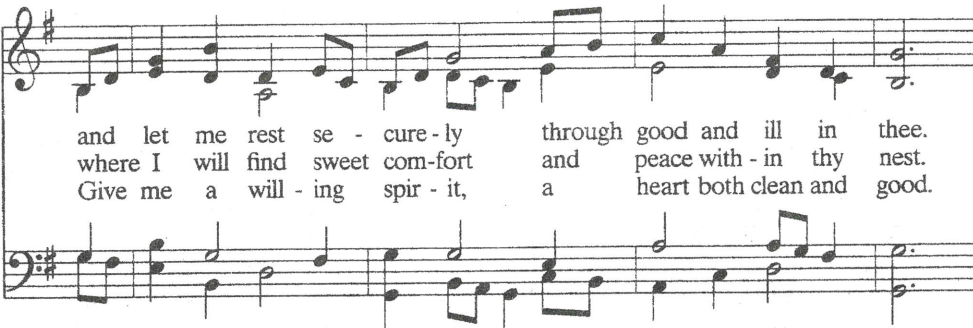
Stone (a piece of ancient history)_
Tree leaf (chlorophyl and oxygen exchange)
Flower (pollination)
Dirt (broken down matter)

HYMN

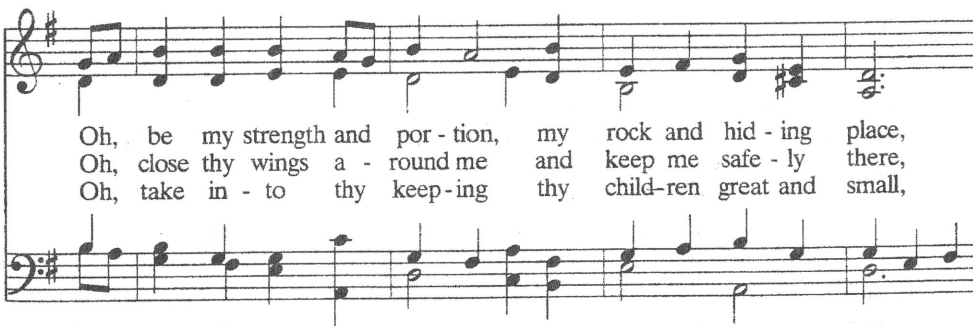
"Thy Holy Wings"



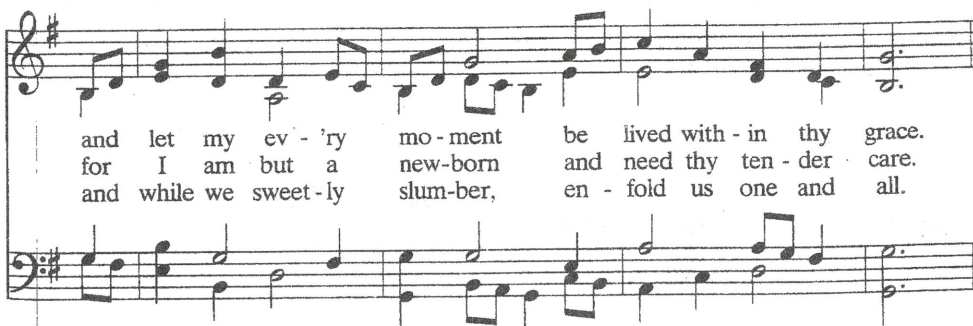
1 Thy ho - ly wings O Sav - ior, spread gent - ly o - ver me
2 Oh, let me nes - tie near thee, with - in thy down - y breast
3 Oh, wash me in the wa - ters of No - ah's cleans-ing flood.



and let me rest se - cure - ly through good and ill in thee.
where I will find sweet com - fort and peace with - in thy nest.
Give me a will - ing spir - it, a heart both clean and good.



Oh, be my strength and por - tion, my rock and hid - ing place,
Oh, close thy wings a - round me and keep me safe - ly there,
Oh, take in - to thy keep-ing thy child-ren great and small,



and let my ev - 'ry mo - ment be lived with - in thy grace.
for I am but a new-born and need thy ten - der care.
and while we sweet - ly slum - ber, en - fold us one and all.

Images of God

Father

Suffering Servant

Fortress

Mother Hen

Draw Your Own Image (or write)

WAITING

PSALM 25:1-5 (responsively)

LBW, p. 226

PSALM 130 (responsively)

LBW, p. 281

Think of Stories of Waiting

When has waiting been a blessing? when a bane?

HYMN

"Stay Here"

The musical score for the hymn "Stay Here" is written for two staves, Treble and Bass clef. The key signature has one flat (B-flat). The melody is in the Treble clef, and the accompaniment is in the Bass clef. The lyrics are written below the Treble staff. The score is divided into two systems. The first system has a key signature change from one flat to two flats (B-flat and E-flat) after the first measure. The second system has a key signature change from two flats to one flat (B-flat) after the first measure. The lyrics are: "Stay here and keep watch with me. The hour has come." and "Stay here and keep watch with me. Watch and pray." The chords are indicated above the Treble staff: F, Am, Dm, C, F, Bb, F, C in the first system; Bb, A, Dm, C, F, Bb, C, F in the second system.

F Am Dm C F B^b F C

Stay here and keep watch with me. The hour has come.

B^b A Dm C F B^b C F

Stay here and keep watch with me. Watch and pray.

Benediction

CLOSING WORSHIP AND EUCHARIST

HYMN	"Beautiful Savior"	LBW - #518
PSALM 46 (responsively)		LBW, p. 236
SHARING OF INSIGHTS		
HYMN	"Now the Silence, Now the Peace"	LBW - #205
EUCARIST		
Words of Institution		
Lord's Prayer		
Distribution		
PRAYERS OF THE COMMUNITY		
CLOSING HYMN	"Lord, Speak to Me"	LBW - #403
PASSING OF THE PEACE		

<u>Time</u>	<u>Activity</u>	<u>Materials</u>
	<p>A time for <u>personal</u> reflection/meditation/prayer</p> <p>Take time to be by yourself</p> <p>Find the four objects. One by one hold them in your hand and become absorbed in them. Listen to them. What can you imagine them saying?</p> <p>Think about the various images of God. Look at each card. When you think of God in these images how does God speak to you? On one of the two blank cards draw your own picture of God. How does God speak to you in that image? Allow the blank card to be blank. Let God speak without an image.</p> <p>Reflect on how God speaks to you. Think of 4 C's: Calling Comfort Challenge Conversion.</p> <p>Are there some ways in which you can use these words to describe how God has talked with you? Are there some passages of Scripture that speak to you when you think of these 4 C's?</p> <p>Various books are also available for reading and reflecting.</p>	
12:15pm	<p>Lunch</p> <p>Begin with a table grace. Meal served buffet style. Find people with whom to eat. Let the conversation be reflections upon thoughts and feelings.</p>	

<u>Time</u>	<u>Activity</u>	<u>Materials</u>
1:00pm	A time for sharing with a friend or more personal time Go for a walk	
2:00pm	Closing Worship - A time for community HYMN "Beautiful Savior" PSALM 46 SHARING OF INSIGHTS AND ANYTHING ELSE HYMN "Now the Silence, Now the Peace" EUCCHARIST PRAYERS OF THE COMMUNITY CLOSING HYMN "Lord, Speak to Me" PASSING OF THE PEACE	LBW - #518 LBW - #205 Bread, Wine, Chalice, Paten, Napkin LBW - #403
3:00pm	DEPARTURE	

403

Lord, Speak to Us, that We May Speak

1 Lord, speak to us, that we may speak in liv-ing
 2 Oh, lead us, Lord, that we may lead The wan-dring
 3 Oh, teach us, Lord, that we may teach The pre-cious
 4 Oh, fill us with your love, Lord, Un-til our

As Saints of Old

404

1 As saints of old their first-fruits brought Of or-ward, flock, and
 2 A world in need now sum-mons us To la-bor, love, and
 3 In grat-i-tude and hum-ble trust We bring our best to - field To God, the giv-er of all good, The source of boun-teous give; To make our life an of-fer-ing To God, that all may day To serve your cause and share your love With all a-long life's

ech - oes of your tone; As you have sought, so
 and the wa - v'ring feet; Oh, feed us, Lord, that
 truths which you im - part; And wing our words, that
 ver - y hearts o'er - flow In kin - dling thought and

yield; So we to - day first-fruits would bring, The wealth of this good
 live; The church of Christ is call - ing us To make the dream come
 way, O God, who gave your-self to us In Je - sus Christ land, Of farm and mar - ket, shop and home, Of mind and heart and hand, true; A world re-deemed by Christ-like love; All life in Christ made new, Son, Teach us to give our-selves each day Un - til life's work is done

Now the Silence

F sus 4 F Dm Gm C Am Gm Dm C

Now the si - lence, Now the peace, Now the emp - ty hands up - lift - ed;

F sus 4 F Dm Gm C Am Gm Dm Gm Eb

Now the kneel - ing, Now the plea, Now the Fa - ther's arms in wel - come,

F Bb Gm Cm F Bb F Gm F Cm

Now the hear - ing, Now the pow'r, Now the ves - sel brimmed for pour - ing;

F Bb Gm Cm F Bb F Gm C

Now the bod - y, Now the blood, Now the joy - ful cel - e - bra - tion;

F sus 4 F Dm Gm C Am Gm Dm C

Now the wed - ding, Now the songs, Now the heart for - giv - en leap - ing;

F Gm C Gm7 F Gm C Gm7

Now the Spir - it's vis - i - ta - tion, Now the Son's e - piph - a - ny,

F Gm Gm7 Dm C Gm C Gm C

Now the Fa - ther's bless - ing. Now. Now. Now.

Praise to the Father

Beautiful Savior

518

Fa - ther for his lov - ing-kind - ness, Ten - der - ly
 to the Sav - ior for his deep com - pas - sion, Gra - cious - ly
 to the Spir - it, com - fort - er of Is - rael, Sent from the

- ing for his err - ing chil - dren; Praise him, all an - gels;
 - ing for his cho - sen peo - ple; Young men and wom - en,
 - ther and the Son to bless us! Praise to the Fa - ther,

- ing him in the heav - ens; Praise to the Fa - ther!
 - ing folk and chil - dren, Praise to the Sav - ior!
 , and Ho - ly Spir - it! Praise to the tri - une God!

1 Beau - ti - ful Sav - ior, King of cre - a - tion, Son of
 2 Fair are the mead - ows, Fair are the wood - lands, Robed in
 3 Fair is the sun - shine, Fair is the moon - light, Bright the
 4 Beau - ti - ful Sav - ior, Lord of the na - tions, Son of

God and Son of Man! Tru - ly I'd love thee, Tru - ly I'd
 flow'rs of bloom - ing spring; Je - sus is fair - er, Je - sus is
 spar - kling stars on high; Je - sus shines bright - er, Je - sus shines
 God and Son of Man! Glo - ry and hon - or, Praise, ad - o -

serve thee, Light of my soul, my joy, my crown.
 pur - er, He makes our sor - rowing spir - it sing.
 ra - tion, Now all the ev - er - more be the the - sky.
 thine!

THE ART OF LISTENING TO/FOR GOD
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OPENING WORSHIP

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LBW - #506

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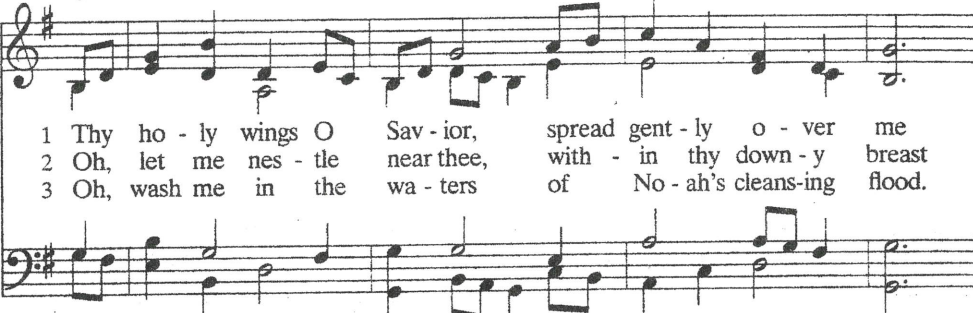
LBW, p. 242

FOUR OBJECTS

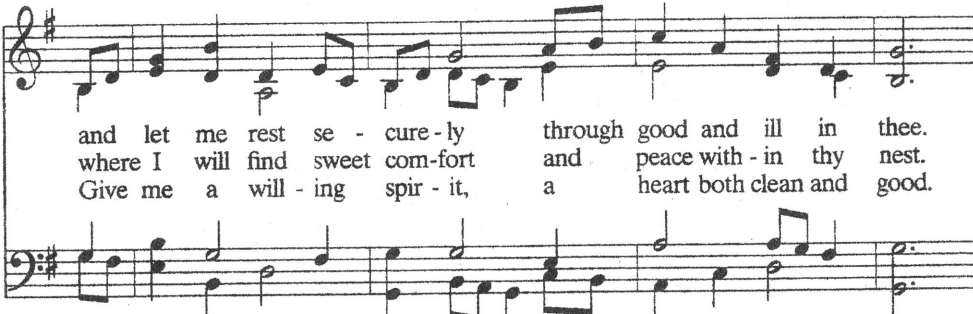
Stone (a piece of ancient history)_
Tree leaf (chlorophyl and oxygen exchange)
Flower (pollination)
Dirt (broken down matter)

HYMN

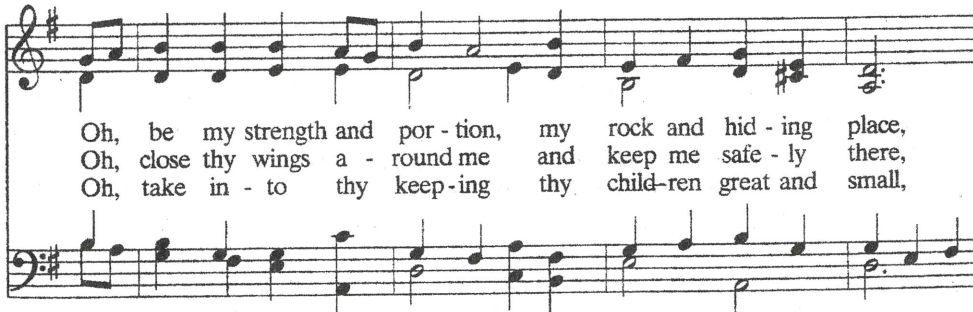
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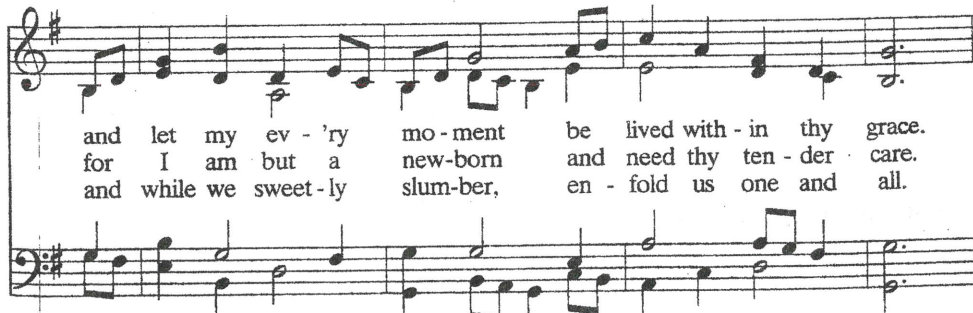
1 Thy ho - ly wings O Sav - ior, spread gent - ly o - ver me
2 Oh, let me nes - tle near thee, with - in thy down - y breast
3 Oh, wash me in the wa - ters of No - ah's cleans - ing flood.



and let me rest se - cure - ly through good and ill in thee.
where I will find sweet com - fort and peace with - in thy nest.
Give me a will - ing spir - it, a heart both clean and good.



Oh, be my strength and por - tion, my rock and hid - ing place,
Oh, close thy wings a - round me and keep me safe - ly there,
Oh, take in - to thy keep - ing thy child - ren great and small,



and let my ev - 'ry mo - ment be lived with - in thy grace.
for I am but a new - born and need thy ten - der care.
and while we sweet - ly slum - ber, en - fold us one and all.

LUTHERAN OUTDOOR MINISTRIES CENTER
Oregon, Illinois

THE ART OF LISTENING TO/FOR GOD
a spiritual retreat for adults

June 29, 1996

<u>Time</u>	<u>Activity</u>	<u>Materials</u>
9:30am	Arrival and Coffee and . . .	
10:00am	Welcome	

Please take a moment to prepare for this experience by reading "Disciplines of the Retreat."

Review the Schedule

This is a spiritual retreat. By this I understand that we spend time to connect our inner being with our own person, others, the natural world, and God. We recognize the energy that exists in all things and the energies that interact with each other.

One of the functions of a retreat is to give participants a chance to reflect and find more vitality for one's life with the Risen Christ

OPENING WORSHIP

HYMN

"Listen, You Nations of the World"

Comment: The art of listening includes three things: rest, absorption, and waiting.

REST

Define the word "rest"

Peace	Dependence
Unlabored	Vulnerable
At ease	Asleep
Unhurried	Secure
Repair	Refreshment
Being in God's Eternal Presence (Bible)	

Share definitions.

Worship Center

LBW #14

Lift Every Voice - 48

Pencils

*My dream.
Removal of pressures.
Chances to meditate.
Renewal.*

*Smell the flowers
Relax your body + presence*

*Letting go of materialistic
Letting go of physical world
Letting go of emotional world
Letting go of mental world
Letting go of spiritual world
Letting go of all that is not God
Clean your mind
Quietness
Be
Relax
Tranquil
Serenity
Watching your growth
Relax body
Quiet heart
Sleep.
Hammock
Watching your growth*

