

LWML NJ District Retreat

Exercise for the Body, Mind and Soul

King of Kings Lutheran Church
145 Rt. 46 West, Mountain Lakes, NJ 07046
November 2, 2024
10am – 4pm



Join us for our District Retreat on Nov. 2nd at King of Kings in Mountain Lakes for a day of Bible Study, physical exercise and stretching, meditation, and fellowship, Our Pastoral Counselors, Rev. Brian Handrich and Rev. Steve Vera will lead our opening communion worship service and Bible Study, and then Colleen Botcher, Parish Nurse for the LCMS NJ District, will lead our exercise, stretching, and meditation. We will also work on servant events for Lutheran Disaster Relief for Hurricane Victims, and Blessing Bags for Anchor of Hope.

Registration:

Name _____

Address _____

Cell phone _____ Home phone _____

Email _____ LWML Zone _____

Home Church & City _____

Mail this form with \$25 to LWML District Treasurer Juanita Barna-Providoshin at
16 Barkers Mill Road, Hackettstown, NJ 07840. Checks should be payable to LWML NJ District.

AGENDA



10:00am **Opening Communion Service**

10:30am **Exercise for the Soul: Bible Study**



11:15am **Break**

11:30am **Exercise for the body** (chair exercises, gentle stretching)

12 noon **Lunch**

12:45pm **Optional Nature Walk Outside** (weather permitting)

1:00pm **Exercise for the mind: Meditation**



1:30pm **Exercise for the Soul: Bible Study**

2:15pm **Break**

2:30pm **Gifts From the Heart: Blessing Bags for Anchor of Hope and Cleaning supplies for LCMS Disaster Relief**

3:30pm **Closing Devotion and Dedication of GFTH**

4:00pm **Adjourn with prayer**

