

## ***Rhythms of the Spirit*** (May, 2019 report)

Do you struggle for balance between prayer and activity?  
Do you long for a rhythm of the day that supports your spiritual journey?  
More energy for compassion, peace and justice?

This conference, offered in a retreat style, provides a unique opportunity to explore the transformed life and discover contemplative practices that invite us into deeper engagement with the needs of the world.

We'll focus on your own spiritual practice providing time to develop solitude and silence, creating the expansive space necessary to welcome God's voice. If you desire spiritual direction, each conference will provide the opportunity for you to meet one-on-one with a spiritual companion.

Two retreats in 2019.

1. East Coast: August 12-16, 2019    Camp Canonicus near Exeter, RI. Sponsored by Rev. Tom Wiles and the American Baptist Churches of Rhode Island

2. Mid-West: November 11-15, 2019    Camp Dayton Oaks near Des Moines, Iowa. Sponsored by Rev. Jacqueline L. Saxon and the Mid-American Baptist Churches of Iowa and Minnesota.

Respectfully submitted,

Rev. Brad Berglund