



## **Finding Your Path...**

### Your Journey Into Spiritual Health

This retreat will begin a journey in Christian spirituality. You will learn about a long tradition of intentional Christian disciplines to help you on this journey. The retreat will provide time to share what the “spiritual journey” is and why intentionality is important in your spiritual health. It will offer you the basic tools for beginning your own unique journey and identifying your own unique spiritual gifts. The true path and purpose of your life will take on new meaning as your relationship with God, through Christ, becomes healthier. You will also experience and be led in practicing various spiritual disciplines, taking time to developing these skills. One goal of this retreat is for you to learn and then practice using spiritual disciplines while under the direction of accomplished spiritual directors.

Time will be available for you to meet one-on-one with the directors in order to learn and develop your own path and journey. This is a wonderful opportunity for you to learn and grow and improve your spiritual health. Spiritual health can be improved at any age, so these retreats are geared for adults of all ages.

Some of the music used during the retreat will be by Jacque Darragh, including: “Companions on the Way,” “All Paths Lead to You,” “Gentle Hearts,” “Falling for God (I Am Not Afraid).”

## **Retreat Leaders**

Spiritual Director – The “Spiritual Director” has a long and rich tradition in Christian history and signifies someone who guides others to explore the difficult questions and issues that show up in their lives. Spiritual Directors support those they serve by nurturing their relationship with God, exploring the true purpose and path in their lives and discerning their personal relationship with the Holy Spirit.

### **Rev. Bob Dees**

Rev. Bob Dees is an ordained minister in the Christian Church (Disciples of Christ). Bob was born and raised in San Marcos, Texas. He attended Texas Christian University and was ordained at First Christian Church in Lockhart, Texas. Bob has served congregations in the Mid-west, Canada, and Texas for 28 years and is currently Pastor of First Christian Church in Baytown, Texas.

Ten years ago, Bob’s calling as a minister took on a new direction when he began training as a Spiritual Director. He began studying and training to fulfill his passion of helping people discover their own path in the journey toward a healthy spiritual life. Bob has attended and led many spiritual retreats and continues to read and study, recently completing a three-year training program in Spiritual Direction at the Cenacle Retreat House in Houston. He has been a Retreat Master in Spiritual Direction for five years.

### **Rev. Randy Frye**

Rev. Randy Frye is also an ordained minister in the Christian Church (Disciples of Christ). Randy received his Masters of Divinity degree from North American Baptist Seminary in Sioux Falls, South Dakota. He served congregations in Abilene and Orange, Texas before moving to Lockhart where Randy and his wife are currently raising two teenage children. He has served as Pastor at First Christian Church in Lockhart since March 2002.

Randy received his initial training in Spiritual Direction at San Francisco Theological Seminary in California, completing it in 2003. Since then, Randy has led several retreats and continues to serve individuals as a personal Spiritual Director. He is an active member of the Austin Spiritual Directors Community in Austin, Texas.

# SPIRITUAL RETREAT REGISTRATION FORM

## DISCIPLE OAKS RETREAT CENTER



NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

CHURCH NAME: \_\_\_\_\_ & LOCATION \_\_\_\_\_

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**REGISTRATION FEE** – \$100.00 per person or \$180.00 per couple (at same retreat)

(check one date only)

October 13-15, 2009 (1:00pm Tuesday-11:45am Thursday)

October 16-18, 2009 (1:00pm Friday-11:45am Sunday)

TOTAL FEES:

(Payment includes 2 nights & 5 meals & must accompany registration form) \$ \_\_\_\_\_

Please send me an email confirming my registration (to email address above)

Mail registration form to arrive at least one week before event with check or money order made out to:

Disciple Oaks Retreat Center

673 Private Road 3381

Gonzales, TX 78629

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Special needs (Dietary or physical): \_\_\_\_\_

If you have any questions, please contact [daledcci@aim.com](mailto:daledcci@aim.com) or 830-437-5736

Essential items to bring:

Bible

Linens & bedding

Personal hygiene items

Snacks (Common refrigerator available) (Coffee and ice/water provided)