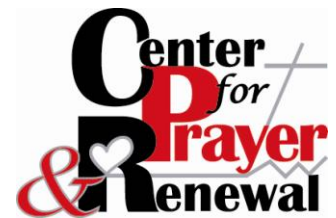


# Spiritual Formation *through* the Word & Prayer



ANYONE interested in deepening spiritual growth through prayer, meditation, the Word is invited to these retreats!

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Come, Holy Spirit to renew our lives  
and daily discipleship in God's kingdom!

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**All retreats begin: January 30, 2012 at 1 p.m.  
and conclude: at noon February 1, 2012**

at the Cannon Beach Conference Center, Cannon Beach, Oregon

**Each Phase is limited to 12-14 participants. Register early!**  
(See special registration opportunities on page 2)  
To register online: <http://tinyurl.com/4xt7k98>

## **Phase I**

*You will be led through a variety of prayer and meditation practice, and have the opportunity to use them individually and with other attendees. It is our prayer that your daily life will be enhanced and deepened by the Holy Spirit through this retreat and you move beyond personal use to application in God's kingdom.*

## **Phase II** Pre-requisite, Phase I attendance in prior year(s)

*A variety of prayer and meditation practices, resources, leader support, and interaction with other attendees will aid you in designing and practicing your personal plan toward deeper prayer and spiritual relationship with God through the Holy Spirit's leading. It is our prayer that you return home with a vibrant, workable prayer and meditation plan. Required pre-reading: *Whole Prayer* by Walter Wangerin, Jr. – obtain your own copy, please.*

## **Phase III (Koinonia)** Pre-requisites, Phase I and Phase II attendance in prior year(s)

*Many alumni have found it beneficial to return yearly for dedicated retreat in prayer. You will have the opportunity to access resources/leaders, explore more tools and styles of meditation and worship with others while allowing God's leading in individual/small group.*

## **Koinonia Groups 10 and 11** For those who completed Phase III in 2010 and/or 2011

*Participation in these groups helps you continue to revisit past learnings, explore new tools and styles of prayer and meditation, and enhance personal ministry vision/direction which moves beyond your personal experience into God's kingdom through the area of influence where He has placed you by the power of the Holy Spirit.*

CPR is the prayer Ministry of The Northwest District LCMS (NOW District)  
1700 N.E. Knott Street • Portland, OR 97212 • (503) 288-8383 • (888) 693-5267 • Fax: (503) 335-7013  
or [www.nowlcms.org](http://www.nowlcms.org) click Prayer on the sidebar

### **Basic details:**

- ! Please plan to limit cell phone use and leave computers or work related items at home!
- There are no televisions or phones in the rooms.
- Bedding, towels are provided. Many rooms have hair dryers however there are no bath products other than soap.
- Each participant (including couples) will have a private room. This is necessary for meditation, study and prayer.

**All retreats run concurrently.**

**\$160 /per person\*** Payment is due WITH registration and is non-refundable. **Note: Fee covers room and meals only, no profits are made.** If you MUST cancel prior to one month and if we are able to fill your space, we will return \$80 to you.

### **\*SPECIAL RATES!**

**Phase I participants (first 12):** \$60 off your fee if registered by October 31, 2011

**CPR Alumni:** \$50 off YOUR registration if any 2012 Phase I participant attends because you invited them.

**Emeritus RCW:** \$35 off your registration

**Payment includes** two nights lodging in private rooms (couples have separate rooms) with bedding, towels, showers etc. and the following meals (sorry, no discounts to those who fast):

At Cannon Beach Conference Center: Day 1: dinner  
Day 2: breakfast and dinner (lunch on your own)  
Day 3: breakfast  
Snacks are also provided during the retreat

### **Send completed registration with payment to:**

Shirley Bentson c/o Northwest District LCMS • 1700 Knott Street, Portland, OR 97212

- **Make payment to Northwest District LCMS • Put CPR retreat in the memo line**

Registration Questions contact Shirley Bentson [shirleyb@nowlcms.org](mailto:shirleyb@nowlcms.org) or call one of the numbers below.

### **For more information, contact:**

Pastor Richard Kiessling  
[rmkiessling@frontier.com](mailto:rmkiessling@frontier.com)

Pastor Bruce Rumsch  
[padre@trinityhillsboro.com](mailto:padre@trinityhillsboro.com)

Pastor Richard (Pete) Peterson  
[revpete@techline.com](mailto:revpete@techline.com)

Susan Olson, Prayer Ministry Coordinator  
[susano@nowlcms.org](mailto:susano@nowlcms.org)

Pastor Terry Merrill  
[t.merrill@comcast.net](mailto:t.merrill@comcast.net)

Shirley Bentson (registrar)  
[shirleyb@nowlcms.org](mailto:shirleyb@nowlcms.org)

### **Link to CPR info on the NOW District web:**

<http://www.nowlcms.org/Resources/ExpMin/CPR-brochur.pdf>

### **Cannon Beach Conference Center information:**

<http://www.cbcc.net/>

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