

*If you have a sense of God's invitation ...  
to spend some time with God, in Scripture... in quiet...  
you may want to consider a*

## **"A 1-on-1 Ignatian Directed Retreat" (Using Zoom)**

### **The dates are your choice!**

We will look at our calendars and find the days that are open for a 3- to 5-day retreat. All you need is a relatively quiet space with few distractions, and a heart open to be with and listen for our holy and gracious God. A journal and a version of Scripture that you enjoy will serve you well.

Our daily rhythm includes: 45 minutes with Catherine to process your prayer, an hour for solitary prayer with suggested scriptures at 3 different times, and ample free time for walking, reading, resting, singing, relaxing in God.

**Led by:** **Catherine Powell, D. Min.,** Founding Servant Leader of The Anchorage: A Contemplative Ministry for All, earned degrees from the University of Florida, Erskine Theological Seminary and Lutheran Theological Seminary at Philadelphia. Her formation includes the Spiritual Guidance Program of The Shalem Institute in MD, a 3-week spiritual/psychological process in Gig Harbor, WA, The 30-day Spiritual Exercises of St. Ignatius as well as training at the Jesuit Center in Wernersville, PA to lead 8-day Ignatian Retreats. She is an adjunct instructor at United Lutheran Seminary in PA, teaching an online Spiritual Formation class using the book she helped write, *Make Your Home in My Love: Live in My Joy*. She was ordained to the Gospel ministry in 1999 and enjoys time with family and friends.

**Fee:** **\$100 for a 3-day retreat, \$150 for a 5-day retreat**

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#### **Registration Form**

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Deposit (\$10) : \_\_\_\_\_

**"3 to 5-day Ignatian Directed Retreat"**

For more information: (864) 232-LOVE

Please send form with deposit to:

The Anchorage

P. O. Box 9091

Greenville, SC 29604

*Please know that all are welcome, regardless of ability to contribute financially.  
Contributions above and beyond the suggested fee are also gratefully received.*