

# Becoming Who You were Created to Be: Exploring the Fruit of the Spirit

Saturday March 10, 2012

LENTEN RETREAT

9:30a.m. - 3:30p.m.

*The Potomac Lodge (upper camp)  
Mar-Lu-Ridge Camp and Retreat  
Center*

*Jefferson, MD 21755*

**AN ECUMENICAL GATHERING**

God has known you from all time. God birthed you into the world. In fact, you came out of God and God has loved you forever. God loves you just as you are with all your strengths and talents and all your faults and flaws. You don't have to be anything more than who you are. Who you are is special enough.

Finding out who you are, however, involves a certain amount of struggle and pain. You can't find out who you are outside of God. God holds the key that unlocks your true identity.

The Psalmist declares:  
For it was you who created my being,  
Knit me together in my mother's womb.  
I thank you for the wonder of my being,  
For the wonders of all your creation. (Psalm 139)



You are more than you know. You are God's beloved. God formed you and the Spirit grows you. The fruit of this growing in Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. (Galatians 5:22-23)

This one-day retreat will center on the themes of growing in the fruit of the Spirit. The world sorely needs this gift. The retreat will include two brief lectures, worship, quiet time, and group time. Devotional booklets centered around the theme of the fruits of the Spirit will be distributed.

**Retreat Leaders:** The Rev. Dr. Thomas P. Williamsen and Susan M Coale LCSW-C

Tom is the Pastor of Gloria Dei! Lutheran Church and author of ***Attending Parishioners' Spiritual Growth*** and ***Signs of Healthy Religion/Signs of Unhealthy Religion***. He has published dozens of songs including the musical narrative ***Alive on the Vine***. He has been a retreat leader and speaker in The United States, Great Britain and Ireland.

Susan is a clinical social worker with 30 years of experience in a variety of settings. They include Protective Services, Private Practice, and Bereavement Counseling in The Life Center at Hospice of the Chesapeake. Her special interests are traumatic loss and the role of faith in grief. For ten years she served as Parish Counselor at Gloria Dei! Lutheran Church. In 2009 she completed The Spiritual Direction Program at Shalem Institute. She has a practice in Spiritual Direction and is a frequent retreat leader. She is also a presenter of continuing education for mental health professionals.

Cost: Individuals \$30 - Couples \$45. Please send a \$10 non-refundable registration Fee for individuals and \$20 for couples leaving balances of \$20 and \$25. A hot lunch is included.

To register, contact the church office or Mar-Lu-Ridge 1800 238 9974.