FCNA 2020 RETREAT
“The SACRED SLOW”
Join us for a day of Spiritual Formation, Healing and Fellowship

When: Saturday July 25th, 9:00 am to 3:00 pm
Where: The Healing House, 320 W. Adams, Crescent, OK 73028 -25 minutes north of OKC
Cost: $50.00 Light breakfast and lunch included.

If you would like to spend Saturday night at the Healing House, a limited number of spaces are available for an additional fee of $45.00. Dinner and a light breakfast Sunday are included.

Step out of the busy-ness of life and journey with us as we explore the wisdom outlined in The Sacred Slow: A Holy Departure From Fast Faith, by Dr. Alicia Britt Chole. You will have the opportunity to participate in exercises designed to guide you in the holy habit of intentionality toward your spiritual formation.

“In reality, time is not the enemy.
Faster is not the answer.
Undone is not the problem.
And slow is actually part of the solution.”

Our facilitator is Rev. Dianna Matli. Dianna is serving as pastor of the First United Methodist Church in Watonga, OK. She has led many retreats on spiritual growth, and is passionate about providing creative, meaningful, and fun experiences for others to deepen their spiritual walk. Dianna is also a financial coach, mentor and teacher. She resides in Oklahoma City.

Questions? Call or text Denise McGough 405-740-8373, or email: kenike.ok@gmail.com
FCNA 2020 RETREAT REGISTRATION INFORMATION
“The Sacred Slow”

July 25, 9:00 am to 3:00 pm

The Healing House, 320 W. Adams, Crescent OK 73028

Cost: $50.00 for Saturday Retreat. Light Breakfast and Lunch included. Fee is payable to FCNA OK.

If you would like to spend Saturday night at the Healing House, a limited number of spaces are available for an additional fee of $45.00. Dinner Saturday evening and a light breakfast Sunday included. Lodging arrangements are made directly with Marka Acton at the Healing House, 405-697-4600. The $45.00 fee is paid directly to the Healing House.

Register online through Survey Monkey: https:// surveymonkey.com/r/XKHC6XH, or complete and mail information below with your check to the address indicated.

Registration Policy: Registration is limited to 19 participants. Registration closes when enrollment is full or by July 18. Payment in full must accompany all registrations. Refunds before July 4th less $20.00 deposit. No refunds after July 5th.

Payment Details:
PayPal.me/FCNAOK OR make checks payable to FCNA OK and mail to: Attn: FCNA OK Treasurer Lana Bolhouse, 14209 SE 75th, Oklahoma City OK 73150

Name:

Address:

Phone:

Email: