

## Join us for the FCNA Zoom Retreat!

**When:** Tuesday October 20, 2020 1:00-3:00 pm, in a virtual Zoom format.

**What:** "The Sacred Slow" Join us for a time of spiritual formation, healing and fellowship.

**Register:** Please register at survey monkey: <https://www.surveymonkey.com/r/XKHC6XH>, registration deadline October 15. After registration you will be provided with Zoom contact details and printable handouts.

**Cost:** A donation to the FCNA Scholarship Fund. Thank you for a love offering in any amount you wish for this valuable outreach.

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. You may wish to purchase the book ahead of time to familiarize yourself with the concepts, but it is not required. The book is available at Amazon (link below) and other book sources. You will be provided with handouts with information and exercises.

We will be exploring three different topics: a personal inventory to discover what God has in his heart for you in this season and how to apply it to your life; a look at how God has uniquely built you to spiritually thrive; how to see time as a gift and honor God by creating margins in your days and a Sabbath rest.

Our facilitator is Rev. Dianna Matli. Dianna is the 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](mailto:kenike.ok@gmail.com)

Link to Book: [https://www.amazon.com/Sacred-Slow-Holy-Departure-Faith/dp/0718094301/ref=sr\\_1\\_1?crid=31X7QWQXB0PRI&dchild=1&keywords=the+sacred+slow+by+alicia+britt+chole&qid=1599056880&srefix=the+sacred+slow%2Caps%2C201&sr=8-1](https://www.amazon.com/Sacred-Slow-Holy-Departure-Faith/dp/0718094301/ref=sr_1_1?crid=31X7QWQXB0PRI&dchild=1&keywords=the+sacred+slow+by+alicia+britt+chole&qid=1599056880&srefix=the+sacred+slow%2Caps%2C201&sr=8-1)