

# Silent MINDFUL MEDITATION MINISTRIES Retreat

A Spiritually, Mentally & Physically  
Restorative Experience

~AT~  
**Epworth**  
BY THE SEA



***“Be still  
and  
know.”***

Psalm 46



**Host:**

Bishop Rudolph  
McKissick, Sr.

**SEPT. 27-29 THURSDAY 8 AM  
THROUGH  
SATURDAY 2 PM**

We aspire for peace, and yearn for a closer relationship with God. Yet, mountains of tasks, family demands, and responsibilities distract and often overwhelm us. This silent retreat is the “peace” that may be missing in your life. With applicable tools, practices and biblical principles, you gain greater clarity, deeper connections and understanding, and a stronger prayer practice that will renew your spirit, mind, and faith journey.

## BENEFITS

- ✓ Led by spiritual director
- ✓ Fellowship
- ✓ Scripture study
- ✓ Meditation Techniques
- ✓ Prayer and listening practice
- ✓ Access to nature, highlighting God's majesty

**\$485**

*(includes workshops,  
practice, 2 nights  
lodging and 7 meals)*

**REGISTER ONLINE NOW AT [MEDITATIONTODAY.ORG](https://www.meditationtoday.org)**