

W a y s t o c a r e f o r y o u r s o u l

A Different Kind of Date Night

Your Learned Level of Intimacy (Attachment Style)

Friday, May 13 6:30 pm

Silent Retreat

Praying with Paint

Friday, May 20 11:30 am

The Journey In Marriage

Group begins in May and meets 7 times

Tuesday, May 24 7:00 pm

Silent Retreat: Already full

Discerning Missional Engagement

Friday, July 15 12:30 pm

The Journey Inward

The first group in the Journey through Life series. Meets 7 times

Tuesday, July 19 7:00 pm

A Different Kind of Date Night

Understanding your Families of Origin

Friday, July 22 6:30 pm

Soul Care Retreat

Experiential Topic: Discovering Soul Care

Saturday, July 23 9:00 am

Soul Care Retreat

Experiential Topic: Discovering Soul Care

Saturday, Aug 13 9:00am

Silent Retreat

Labyrinth Walking Prayer

Friday, Aug 19 12:30pm

"Today, the interior life of vast numbers is empty, parched, dry. And the reason? In our daily desperate scramble of panting feverishness we have never so much as considered the health of our soul."

- Richard Foster

"When the soul is neglected, it doesn't just go away. It appears symptomatically in obsessions, addictions, [strained relationships] and loss of meaning."

- Thomas Moore

"The very first thing we must do to be mindful of our soul is to acknowledge it."

- Dallas Willard

"And the Lord God formed a man's body from the dust of the ground and breathed into it the breath of life." Genesis 2:7 Breath is Nephesh in Hebrew. Nephesh means Soul in Hebrew.

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Soul Care

Six dimensions of the soul



Your soul is the very essence of who you are as a living being. Your essence has been formed and shaped over time.

"The individual soul's specific formation - the character it has taken on through its life course - **is seen in details** of how thoughts, feeling, relationships, bodily behaviors and meaning unfolds - and **especially in how they interact** with one another."
- Dallas Willard

"Care of the soul begins with observance of how the soul manifests itself and operates - **we can't care for the soul unless we are familiar with its ways.**"

- Thomas Moore

And what do you benefit if you gain the whole world but lose your own soul? Is anything worth more than your soul?

- Matt 16:26

"Care of the soul is a continuous process that concerns itself not so much with fixing a flaw as with **attending to the small details of everyday life.**"

- Thomas Moore

Awareness



Attending

This is what the Lord says:

"Stop at the crossroads and look around.
Ask for the old, godly way, and **walk in it.**
Travel its path,
and you will find rest for your souls."
- Jeremiah 6:16

