## PEACE THROUGH SPIRITUAL PRACTICES

AT OLMSTED MANOR RETREAT CENTER

This annual retreat is a time for women to step away from their busy lives to focus on fellowship and spirituality. This year's theme is "Experiencing Peace Through Spiritual Practices." We often exercise our body and our mind, but do we exercise our spirit? Spiritual practices help us experience God through the presence of the Holy Spirit and to relate to God, others, and ourselves. There will be times of quiet, gathering, and learning/experience.

\$225 INCLUDES PRIVATE ROOM, ALL MEALS, & TUITION



## **REV. CONNIE HOEKE**

Rev. Hoeke graduated from Pittsburgh Theological Seminary and is an Ordained Elder in WPAUMC. She became a Retired Elder on November 1, 2022. Currently, she is serving a part-time appointment at Franklin First UMC in Franklin, PA. For the past 10 years, she served as an Assistant Pastor, with her husband as lead pastor, at Summit UMC in Erie, PA.

At Summit, Connie was co-leader of Stephen Ministry; Adult Discipleship Coordinator; participated in preaching, consecrating communion, baptisms, weddings and funerals; led spiritual formation and practices classes; and led a Women's Spirituality Retreat. She has completed the Academy of Spiritual Formation and a program for Spiritual Direction, and now sees clients as a Spiritual Director. She also served as chairperson of the WPAUMC Discipleship Committee, and currently leads a speaker series on Spiritual Formation.

## **WAYS TO REGISTER**

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Go to www.olmstedmanor.org/events

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Call (814) 945-6512

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Mail form below to PO Box 8 Ludlow, PA 16333

Spring Women's Retreat - April 26-28, 202
Phone:
Roommate (receives double-room discount
OR Assign me a roommate: ( ) male ( ) femal

Please include check for \$25 deposit to Olmsted Manor Retreat Center or we will call you to pay over the phone.

