

**FIRST PRESBYTERIAN CHURCH**  
*of Santa Rosa*

*Half-Day  
Spiritual Growth  
Retreat*



**The next retreat will be held on:**  
**Saturday, August 15th**  
8:30 am - 12:00 pm at

**FIRST PRESBYTERIAN CHURCH**  
**1550 PACIFIC AVENUE**  
**SANTA ROSA, CA**  
**707.542.0205**  
**[www.fpcsantarosa.org](http://www.fpcsantarosa.org)**

*Half-Day*  
*Spiritual Growth Retreat*  
**REGISTRATION FORM**

Please fill out this form and return it to the church.

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (Day) \_\_\_\_\_

Phone: (Evening) \_\_\_\_\_

E-mail: \_\_\_\_\_

For details, please contact:

Mike Griffin: 707-542-0205 ext 107

email: [mike@fpcsantarosa.org](mailto:mike@fpcsantarosa.org) or

or Allie Shoulders: ext 122

email: [allie@fpcsantarosa.org](mailto:allie@fpcsantarosa.org)

Or register online at: [www.fpcsantarosa.org](http://www.fpcsantarosa.org)  
under *Adult Ministries*

This retreat is designed to help you discover the spiritual disciplines or practices that will enable you to maintain your relationship with Christ through the support of Christian community. During our time together, our hope is that you will grow in the following areas:

- What it means to practice the presence of God as part of a balanced Christian life.
- Awareness of the core practices or disciplines that can help you grow in Christ.
- Exposure to a number of tools that can encourage your growth in Christ, including: Devotional resources, examples of different prayer forms and practices, listening and guidance exercises, and opportunities to connect with others who are seeking to grow as followers of Christ.