



St. Mark's Fall Retreat 2010

Spirituality of the Heart



Leader: The Rev. Kelly Conkling

Prayer involves the longings of the heart, the desire to feel whole, to be in touch with oneself, the universe, and God. This is a reaching towards the spiritual realm, that place where "all shall be well."

Spirituality of the Heart looks to the Eastern Orthodox theology of the heart, in addition to other traditions, as a means of finding a greater awareness of God's ongoing presence in our lives. We will look at the history of the heart and the theology of heart spirituality as well as explore ways of prayer that help open the heart to God.



For: Members and Friends of St. Mark's who are interested in a spiritually enriching weekend in the Hill Country

Date: Friday - Sunday, October 1 – 3
*Arrive by 6:00 for supper on Friday, the 1st .
 Depart by noon on Sunday, the 3rd*

- *There will be time on Saturday afternoon to go to the "narrows."*
- *Meals are part of the registration fee.*
- *An agenda will be sent to all who register.*
- *Out of courtesy for others, no pets please.*

Place: Wellspring Retreat Center at Wessendorff Ranch
*Wessendorff Ranch is on Ranch Road 32 close to Blanco.
 A map will be sent to all who register.*

Cost: Cost will be \$50 per person, or \$80 per couple, which includes a room for 2 nights and five meals. The goal is only to break even. Any extra funds are collected will go into "St. Mark's Retreat Fund". Scholarship assistance available.

Kelly Schneider Conkling is a native of south Texas and cradle Episcopalian, having grown up in George West. She spent ten years as a high school art teacher and part-time art professor at Bee County College before attending the Seminary of the Southwest in Austin.

An ordained priest, Kelly is also an artist, author, and retreat leader and has spent much of her life exploring the connection between art and prayer.

She is married to the Rev. Allan Conkling. They have a blended family with five daughters and seven grandsons. She and Allan currently live in San Angelo, Texas.

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Check it out: www.sanmarcosepiscopal.org/312/fall-retreat.htm

REGISTRATION

(DUE BY SEPTEMBER 27 – BUT DON'T WAIT!)

Name (s): _____ Contact Info: _____

Sign me up for the Fall Retreat 2010

Enclosed is a check for \$ _____
 \$50 for self only, \$80 with spouse

Sign up my spouse to come with me.

Please contact me about scholarship assistance.