



**January 20-22, 2023  
Winter Sabbath Retreat  
Mount Olivet Retreat Center  
Farmington, MN**

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“Be silent Be still. Alone. Empty before your God. Say nothing. Ask nothing. Be silent. Be still. Let your God look upon you. That is all. God knows and understands. God loves you with an enormous love, Wanting only to look upon you with love. Quiet. Still. Be. Let your God-love you.”- Anonymous

YOU are invited to begin the new year finding rest, renewal, and delight in the midst of the fullness of your life on the Winter Sabbath Retreat. The Sabbath Retreat will be a time of slowing and holding the sacred gift of your life with God. We will be retreating at the beautiful Mount Olivet Retreat Center located in Farmington, MN. There are miles of walking trails, cross country skiing and snowshoe trails, cozy rooms, great food, pool, sauna, and whirlpool. You will be invited to intimate times connecting

with God through silence, guided reflection, listening, creative prayer, holy yoga, and play. We will begin our retreat with dinner at 6pm on Friday evening and close our retreat time with lunch on Sunday. You are welcome to come early on Friday and have a little more time of rest. This retreat is for women and men, singles, couples, old and young, anyone who is longing for a holy pause and an extended time to quiet the mind and hear the One speaking to your heart and soul.



**Sabbath Retreat Registration**  
**Mount Olivet Retreat Center, Farmington, MN**  
**January 20-22, 2023**

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

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

Email: \_\_\_\_\_

Who to contact in case of emergency: \_\_\_\_\_

Emergency phone number: \_\_\_\_\_

Food Allergies: Celiac Disease \_\_\_\_\_ Peanut \_\_\_\_\_ Shellfish \_\_\_\_\_ Lactose \_\_\_\_\_ Vegetarian \_\_\_\_\_ Vegan \_\_\_\_\_

Other Special Needs: \_\_\_\_\_

All rooms are similar to a hotel room with two full size beds, lovely views, bathroom, table and sitting area.

Roommate Preference: \_\_\_\_\_

Retreat Cost: \$365.00 Includes Two nights, three days of Sabbath rest, spiritual practices, holy yoga, supplies, housing, six meals and snacks in a very lovely retreat center and surrounding land.

To confirm your space, please return your registration form and your \$175.00 deposit by December 28th, 2022. The remaining balance will be due on January 10th, 2023.

Checks can be made out to Carma Gjerner and mailed to her at:

**Carma Gjerner**  
**2825 Park Ave. South**  
**Apartment 5**  
**Minneapolis, MN 55407**

Or you may email your registration form to Carma at **belovedcarma@gmail.com**. Electronic payment is also available via the Zelle app. Contact Carma for details.

If you would like to help scholarship someone to go on retreat please contact Carma.

Carma will send you an email 10 days prior to the retreat with a schedule, retreat details, and information about what to bring.