



Stillness in God

a retreat at Hidden Oaks Nature Center

Saturday, May 20, 2023

9:30 a.m. – 2:30 p.m.

\$20/person

Take a step back from the hustle and bustle of everyday life and come rest in the Word of God. This retreat focuses on mental and spiritual renewal and includes a no-stress creative arts component (no art experience needed!)

Register at
[Annandalechurch.com](http://Annandalechurch.com/retreat)
/retreat

Questions? Contact
Meredith Lamarche at
mbond@annandale-umc.org

“He says, ‘Be still, and know that I am God; I will be exalted among the nations . . .’”

Psalm 46:10a

Be still

“So do not fear, for I am with you; do not be dismayed, for I am your God. . .”

Isaiah 41:10a

Fear not