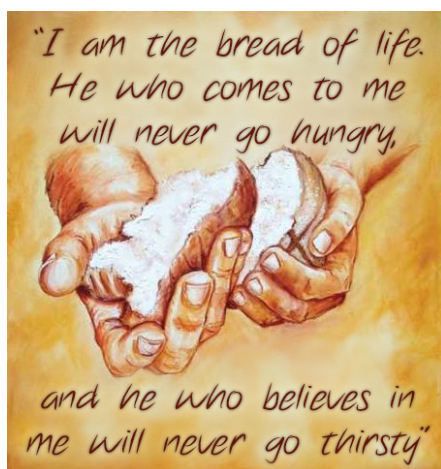


I AM THE BREAD OF LIFE

Spend a great weekend at Shalom and explore how making sourdough bread can be a very spiritual exercise as well as a metaphor for other aspects of our lives.

It's going to be a reflective time, but also a relaxing and fun time as you learn how to bake the best sourdough, learn some new meditation prayer styles, go on some lovely walks and enjoy some scrumptious food.

This retreat is for everyone to enjoy and the best part is there is no need to have any technical baking skills or advanced training, or holiness, or to be church-ed in any way to attend. You can just come as you are and do as much or as little as you want.



When: Friday 8th Feb 6pm to
Sunday 10th at 3pm

Venue: Shalom House of Prayer,
7 Collins Street, Carcoar

Cost: Suggested Donation of \$200
(all meals and accommodation plus
you get to take home your very own
baked sourdough)

To Register: Ph: 02 63673058

or email: shalomcarcoar@gmail.com

or Online at: shalomcarcoar.com



Shalom House of Prayer is a not-for-profit organisation and the suggested donation enables us to cover costs. Anything above this recommended donation makes it possible for us to subsidise those who cannot afford a full donation – it has always been the policy of Shalom that nobody be excluded from a retreat or program due to cost.