



**SPIRITUAL FORMATION INSTITUTE
HOLY LIGHT CHURCH (ENGLISH)**

[a member of Gereja Presbyterian Malaysia]
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Be still and Know

A directed retreat for those who hungers

Time: Saturday 25 October to Monday 27 October (Deepavali) 2008

Place: Gethsemane Retreat Centre in Seremban

Spiritual director: Dr Alex Tang

Cost: RM 100 for the whole retreat (inclusive of food)

Who should attend?

All Christians who want to have a time away to rest and be with God. This is a relaxed guided retreat. No previous retreat experiences necessary. This retreat is limited to 8 persons only (contact Dr Alex Tang early to avoid disappointment).

Program

Time	Saturday 25 Oct	Sunday 26 Oct	Monday 27 Oct
7.00 - 8.00 am		Breakfast	Breakfast
		Rest & Retreat *individual scheduled time with spiritual director	Rest & Retreat 10 am Session 3
12 noon	Check-in		Check-out
1.00 -2.00 pm	Lunch	Lunch	
	Rest & Retreat	Rest & Retreat *individual scheduled time with spiritual director	
6.30 -7.30 pm	Dinner	Dinner	
	Rest & Retreat	Rest & Retreat	
8.00-10.00 pm	Session 1	Session 2	
	Rest & Retreat	Rest & Retreat	