



**HOW ARE YOU?** You've probably asked that question of church members, family members, neighbors. You've been asked that question by others. Have you ever noticed that the most common answer to that question is rarely the most accurate? Things are not always "good" — sometimes they're better than good and often they fall short of that mark.

**IN THE LATE 1800's**, businessman Horatio Spafford, faced with unimaginable tragedy, penned the words to the well-known hymn, *It Is Well With My Soul*. We find it easy to say "it is well" when things are going according to plan, but how do we find the strength to say the same in the valley? When faced with Job-like circumstances, how can one possibly be *well*?

**BEING WELL** is not a product of chance. It is a natural outpouring of the life lived with Christ. Strength for the valleys comes from the habits (disciplines) lived out during our everyday life. At this retreat, we want to take a closer look at the things that make us well. Spiritual, physical, and relational well-being are intimately connected. We hope you can join us for a relaxing, relationship-focused weekend as we explore simple habits that lead to whole-person health.

**REGISTRATION** is \$115 — [CLICK HERE](#) to register online.

*hosted by the San Antonio DCE Cluster*

### *retreat highlights*

- Check-in at 1:00pm on Monday
- Check-out at 12:00pm on Wednesday
- All sessions optional
- Prayer walks
- Worship with Holy Communion each day
- Sessions led by Pastor Randy Haedge & Dietitian Jackie Fusilier
- "The Cluster Games"
- Plenty of open time
- MARGARITAS