

NTC Clergy Spouse Retreat

# THIS IS US

Prothro Center Jan 31-Feb 2

Join us for a weekend filled with laughter, learning and fun!

*Our topic this year is “**Learning How to Tame Our Inner and Outer Critics.**” Thanks to a grant from the NTC Leadership Development Center, we are excited to have a guest presenter lead our retreat on Saturday. Audrey Hardin is a Licensed Professional Counselor in Dallas, who has committed her life, personally and professionally to leading others into a deeper, healthier relationship with Christ, themselves and those around them through a holistic growth process. We all encounter roadblocks & setbacks on our journey to wholeness, how we choose to respond is most important. **By attending the retreat**, you will learn how to shrink the voices of the inner and outer critic, learn practical tips to gain self-awareness and steps you can take daily to be proactive in your process towards holistic growth. As we strive to embrace who we are in the Clergy Spouse role, we remember who God has called us to be and we proclaim ...**THIS IS US!***

#### Metro District Price:

All prices reflect double occupancy:

- Friday 6pm – Sat dinner - \$110
- Saturday Day Only - \$50
- Sat 8am – Sun 11am - \$110
- Full weekend - \$150

Single occupancy (if available) is an additional \$15 per night.

#### Tentative Retreat Schedule:

<b>Friday</b>	6:00 pm	Dinner
	7:00 pm	Games & Free time
<b>Saturday</b>	8:00 am	Breakfast
	9:30 am	Worship & Program
	12:00 pm	Lunch
	1:00 pm	Program
	3:00 pm	Free Time
	6:00 pm	Dinner
<b>Sunday</b>	7:00 pm	Games, Free time, S'mores
	8:00 am	Breakfast
	9:30 am	Worship & Program

***Don't forget to invite a friend!***

**Deadline to register is Thursday, January 2, 2020**

**Register today <https://ntcumc.org/clergy-spouse-retreat-registration%20>**

**or contact**

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