

C. Emergency Contact 緊急聯絡人:

1. Name: _____
2. Phone#: _____
3. Email: _____
4. Relationship: _____

Office Use Only

- Single
 Couple
 Early-bird
 Regular

Assigned Reg. Number(s): _____

Retreat fee(s): _____

Accommodation fee: _____

Deduct Subsidy: _____

Total Amount to be paid: _____

Invoice #: _____



牧者夫婦更新靜修營
PASTOR AND SPOUSE RETREAT 2026
May 4 – 6 (Mon – Wed)

全人的休息 Holistic Rest

講員 Speaker

劉秀嫻牧師/博士 Dr. Dora Wang

北美華神靈命與品格塑造中心主任
 Director of Christian Spiritual and Character Formation Center at CESNA

Glen Eyrie Conference Center
Colorado Springs CO USA

報名:

- 晨鳥報名: 現在至 March 31
- 一般報名: April 1 – 17
- 請填寫第 3 頁的報名表或線上報名
https://docs.google.com/forms/d/e/1FAIpQLSf1fSq2ZB0yxXmEFut_8Sy3RkBYLRhF1s2j7mMZL4K8e6G_jw/viewform?usp=pp_url
- 請交回 helencwwoo@gmail.com

Registration:

- Early-bird: Now until March 31
- Regular: April 1 – 17
- Please complete the registration form on page 3 or register online at https://docs.google.com/forms/d/e/1FAIpQLSf1fSq2ZB0yxXmEFut_8Sy3RkBYLRhF1s2j7mMZL4K8e6G_jw/viewform?usp=pp_url
- Please submit the completed form to helencwwoo@gmail.com

營費包括:

- 註冊費、兩晚食宿
- 華聯會資助每位牧者\$150 或每對牧者夫婦\$250

晨鳥優惠: 每位牧者 \$257
 每對牧者夫婦 \$257

4 月報名: 每位牧者 \$307
 每對牧者夫婦 \$357

Retreat Fee includes:

- Registration fee, 2-night accommodation and 5 meals
- ANACEFC will subsize \$150 per Pastor or \$250 per couple

Early-bird: \$257 per pastor
 \$257 per couple

Register in April: \$307 per pastor
 \$357 per couple

營會主題：全人的休息

陳善養博士在其著作《休息》一書給「休息」定義為一種「平靜安穩、滿足、恬靜、從容不迫、安寧。毫無內在焦慮和外壓力的狀態。」然而，現今是一個患上「匆忙症」的世代，其危害就如歐特堡(John Ortberg)在《休息》書中所描述：「匆忙是現代人靈命生活的大敵，可以摧毀我們的靈魂，也可以讓我們與美滿的生活隔絕。」面臨這大敵，因事奉所帶來比一般人更匆忙、更大壓力的牧者們，如何能享受這休息呢？

正如主耶穌給剛從繁忙佈道回來的門徒所發的邀請：「你們來，同我暗暗地到曠野地方去歇一歇」(可六 31)，今年 ANACEFC 牧者夫婦更新退修會的目的，就是讓牧者夫婦到主面前歇一歇，聆聽與回應祂藉聖靈對我們的邀請，去享受主耶穌所渴望賜我們在身體、情緒、關係及靈性上全人的休息。

退修會導師



劉秀嫻(Dora)牧師/博士是北美華神靈命與品格塑造中心主任。從 1984 至 2014 曾先後在三間北美華人教會擔任牧職。自 2001 年至今，也陸續在北美華神及其他數間華人神學院當客座老師，主授靈命塑造，聖經文體釋經與教學等課程。近十多年來除兼任屬靈導師以外，也帶領牧者夫婦及教會同工靜修營。Dora 牧師曾獲加州大學(UC Berkeley)建築系學士(BArch)，西南浸信會神學院(Southwestern Baptist)宗教教育碩士(MRE)，加州惠斯敏特神學院(Westminster)宗教學碩士(MAR 聖經研究)，及卡利蒙特神學院(Claremont)教牧博士(DMin 聖經文體釋經與教學)及哲學博士(PhD 靈命塑造)。

營會(暫定) 時間表 Tentative Time Table

	May 4 (Mon)	May 5 (Tue)		May 6 (Wed)
8:00 – 9:00 am	ARRIVAL	Breakfast at the Castle Dining Room		
9:00 – 9:30 am		Leisure Walk		
10:00 – 10:15 am		Sing & Praise		Sing & Praise
10:15 – 11:00 am		Session #2		Session #4
11:00 – 11:15 am		Guided Meditation		Discussion & Closing (Check-out at 11 am)
11:15 – 11:30 am		Small Group Sharing		
11:45 – 12:00 pm		Walking to Dining Room		DEPARTURE
12:00 – 1:00 pm		Lunch at the Castle Dining Room		
1:00 – 3:30 pm		Free Time		
3:30 – 4:30 pm		Registration (Check in at 4:00 pm)	Free Time	
4:45 – 5:45 pm			Scheduled Appointment	
5:45 – 6:00 pm	Walking to Dining Room			
6:00 – 7:00 pm	Dinner at the Castle Dining Room			
7:00 – 7:30 pm	Leisure Walk			
7:30 – 7:45 pm	Sing & Praise			
7:45 – 8:30 pm	Session #1	Session #3		
8:30 – 8:45 pm	Guided Meditation			
8:45 – 9:00 pm	Small Group Sharing			

報名表 REGISTRATION FORM

A. Personal Information 個人資料:

1. Your Name: _____ (中文 _____)

2. Spouse Name: _____ (中文 _____)

3. Home Address: _____

City

State/Prov

Zip/Postal Code

4. Mobile: (1) _____ (2) _____

5. Email: (1) _____

Email: (2) _____

6. Any Food Allergies, please specify:

B. Church Information 教會資料:

1. Church Name: _____

2. Church Address: _____

City

State/Prov

Zip/Postal Code

3. Church contact information: _____
