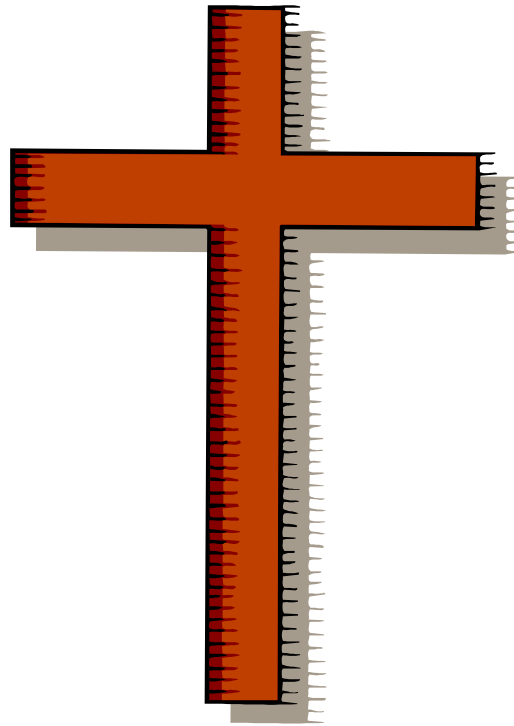
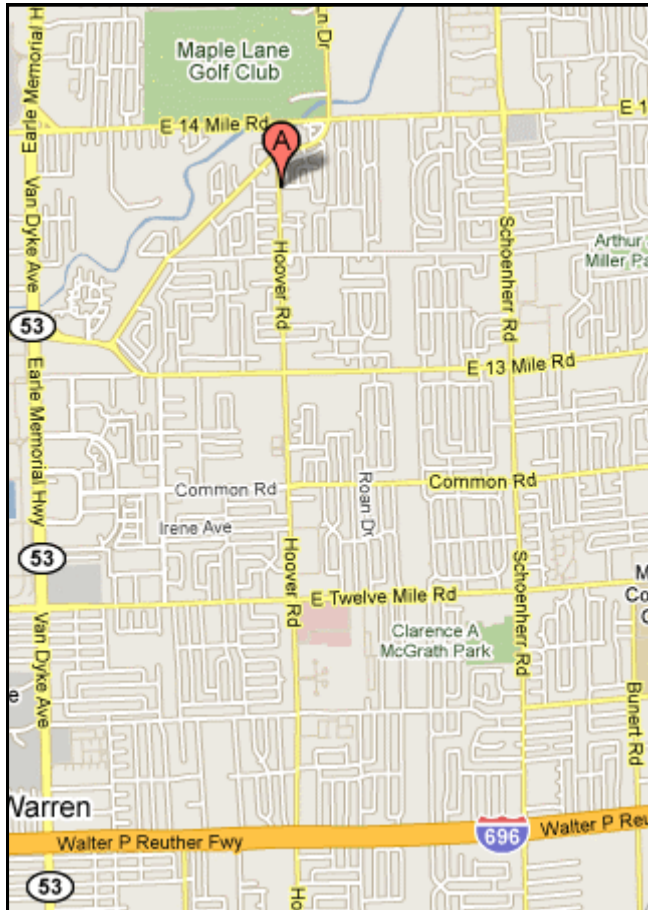


## Retreat Location

Hope Lutheran Church  
32400 Hoover Road  
Warren, MI 48093  
586-979-9055

Located north of I-696 on Hoover Road, 0.6 miles  
north of 13 Mile Road

<http://www.hopewarren.org>



*“As iron sharpens iron,  
so one man sharpens another”*

*Proverbs 27:17*

 **Thrivent Financial for Lutherans®**

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Financial for Lutherans

## 2010 Men's Retreat

*“The Wounded Healer”*

*Guest Speaker  
Deacon Matthew Steffen*



**March 12-13, 2010**

*Hope Lutheran Church  
Warren, Michigan*

# Stress Anxiety Hope

HOPE

We live stressful lives. Worries about health, money, work and relationships chip away at our defenses. Come learn how Christian men should cope and deal with these daily tribulations.

## Speaker

Deacon Matthew Steffen

Deacon Matthew is a life-long Lutheran who was formerly a Deacon and Elder here at Hope. Two years and two Gulf Coast mission trips following Hurricane Katrina, Matthew and his family moved to Louisiana to help rebuild. Matthew currently lives in New Orleans where he works for Recovery Assistance, Inc. Ministries (RAI Ministries).

The cost for the retreat is \$40, which includes three catered buffet meals and a retreat shirt.

Sign-up at Hope by **March 1st** or for more information, please contact Shane Empson at (586) 296-6909 or Jeff Meisegeier at (586)-791-4001.

## Schedule

### Friday, March 12th

5:00-6:30 pm	Registration and Fellowship
7:00 pm	Dinner
8:00-10:00 pm	Program
10:00- ??	Fellowship

### Saturday, March 13th

7:30 am	Program starts
8:00 am	Breakfast
9 to 12	Program
12 to 1	Thrivent Financial
1 to 2	Lunch
2 to 5	Program
5:00 pm	Close

## What to Eat?

### Dinner

- Two meats
- Pasta & Potato
- Vegetable
- Tossed salad
- Garlic bread

### Breakfast

- Scrambled eggs
- Bacon & sausage
- Hash browns
- French toast

### Lunch

- Soup & salads
- Choice of two Subs

Food to be catered by Risto-rante' Di Fratelli of Shelby Twp.

## What to Bring?

- Bible
- Retreat shirt
- A heart open to the Holy Spirit
- Appetite for learning and eating