

2019 Subscribers Packages
Please Read Descriptions of Resources Below

PERSONAL RETREAT SERIES	LEADER/ CONGREGATION	STUDENT/ LEARNING SITE
\$69	\$149	\$99
Lent 2019 Personal Email Retreat Series: <i>Lent on a Plate.</i> \$29	Lent 2019 Personal Email Retreat series: <i>Lent on a Plate.</i> +10 friends/congregation + Sign up poster \$29+	Lent 2019 Personal Email Retreat series: <i>Lent on a Plate.</i> +10 friends/congregation + Sign up poster \$29+
Stroll for Your Soul - <i>Waymarks</i> (Individual) 21 days. \$15	Stroll for Your Soul - <i>Waymarks</i> Group Package + Register unlimited people \$50	Stroll for Your Soul - <i>Waymarks</i> Group Package + Register unlimited people \$50
Creation 2019 Personal Email Retreat Series: <i>Tiny Parables to Change Your Life.</i> \$29	Creation 2019 Personal Email Retreat Series: <i>Tiny Parables</i> +10 friends/congregation + Sign up poster \$29+	Creation 2019 Personal Email Retreat Series: <i>Tiny Parables</i> +10 friends/congregation + Sign up poster \$29+
Advent 2019 Personal Email Retreat Series: <i>Treasures in the Dark.</i> \$29	Advent 2019 Personal Email Retreat Series: <i>Treasures in the Dark.</i> +10 friends/congregation + Sign up poster \$29+	Advent 2019 Personal Email Retreat Series: <i>Treasures in the Dark.</i> +10 friends/congregation + Sign up poster \$29+
	Advent in Small Groups: Take it Outside. Train hosts to offer a small Advent gathering in their home. Includes training session and process for small group gatherings. \$25	Advent in Small Groups: Take it Outside. Train hosts to offer a small Advent gathering in their home. Includes training session and process for small group gatherings. \$25
	Lent (or anytime) Small Group Study: Interfaith: Explore our world's wisdom traditions and discover ways of being good neighbours. \$29	Lent (or anytime) Small Group Study: Interfaith: Explore our world's wisdom traditions and discover ways of being good neighbours. \$29
	Summer Sabbath: Four Devotions for the Road, Cottage or When your Church closes for a Summer Sabbath. <i>Print for friends or share in congregational newsletter.</i> \$29	Summer Sabbath: Four Devotions for the Road, Cottage or When your Church closes for a Summer Sabbath. <i>Print for friends or share in congregational newsletter.</i> \$29
	New! Subscriber Login. All your resources on one webpage. Priceless!	New! Subscriber Login. All your resources on one webpage. Priceless!
Package total \$69 (\$102 value)	Package total \$149 (\$220++ value)	Package total \$99 (\$220+ value)

DESCRIPTION OF RETREATS AND RESOURCES 2019 SUBSCRIPTION PACKAGES

ALL SUBSCRIPTION PACKAGES include these Resources

1. Lent 2019 Personal Email Retreat Series: *Lent on a Plate*. Six email retreats, received by email, on each of the Saturdays in Lent. We look at how our Lent meal times can prompt us in grounding practices, and help bring us to present moment awareness and gratitude. Table-sharing for Jesus is about more than feeding; it is how we become nourishment for one another.
2. Creation 2019 Personal Email Retreat Series: *Tiny Parables to Change Your Life*. Seriously! Spending time with these powerful wisdom teachings can change how we see the world and ourselves in it. You receive three email retreats in your inbox, beginning mid- September.
3. Advent 2019 Personal Email Retreat Series: *Treasures in the Dark*. Reflections, prayers and spiritual practices to accompany you through the season of Advent. Four email retreats each Saturday in Advent.
4. Stroll for Your Soul - Waymarks. This popular program offers 21 days of accompaniment through a brief email delivered early each morning to your inbox. Each email offers a practice, or a reflection, or a poem or photograph giving direction to your time spent walking or jogging or biking. This year Stroll for the Soul is a collaboration shared by Prayer Bench and Caroline Bindon of Kereru Publishing in New Zealand.

The LEADER /CONGREGATIONAL SUBSCRIPTIONS also includes:

5. Wider Use Email Retreats. Permission to share (with attribution) some of the contents of the personal email retreats within worship services, congregational newsletters, and small groups. The Personal Email Retreats may **not** be forwarded (this can result in accidental unsubscribing, which is challenging to remedy.) LEADER/ CONGREGATION subscribers may submit up to 10 names/ emails, per retreat, at no additional cost. Sign up posters and bulletin announcements for email retreats will be provided.
6. Unlimited Sign up for Stroll. With the group package of Stroll for Your Soul, LEADER/ CONGREGATION subscribers can register as many friends, family, or

congregational folk as you wish with a simple sign up. Stroll has been offered as part of Christian formation, used in hospitals, nursing homes and gifted to groups of friends.

7. New! Advent in Small Groups: Take it Outside. Train hosts to offer an Advent small group gathering in their homes, nursing homes, or other creative locations. This resource includes a training session for hosts and the process to use in small group gatherings.

8. Small Group Study. Interfaith: Being Love in the World. This five session study, with a suggested option for additional session(s) is for use in Lent or is adaptable any time of the year. Explore our world's wisdom traditions and discover ways of being good neighbours.

9. Summer Sabbath: Four Devotions for the Road, Cottage or When your Church Closes for a Summer Sabbath. Nurture, inspire and connect your group while they are away. Available as a WORD document so you can personalize the details for your ministry.

10. Login/Facebook/Email Contact: All your resources will be posted in one page on the Prayer Bench website so you will always have access. Just one password to remember! You also receive an invitation to a private Facebook group where you receive notice when resources are ready. You will also receive periodic email updates.

The STUDENT/LEARNING SITE PACKAGE

includes everything in the Leader/Congregational Package for only \$99.

Please include the name and email of your student and the name and email of a learning site contact.

All Subscriber packages are available for sale until January 31.
After this, resources are available for full price.

Purchase your subscription in the Prayer Bench Shop

<https://prayerbench.ca/shop/>

Questions or Comments.

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