



Communion. I chewed and swallowed it. It was at the absolute center of my faith: wheat and water and yeast and heat; grape and sun and time; bread and wine, transformed into life. I ate it up. I kept coming back for more. And yet, even though church was where I found communion, church couldn't, finally, contain it.

-Sara Miles Take This Bread

Lake Shore Baptist Church

5801 Bishop Drive * Waco, Texas 76710

From the very moment of Jesus' incarnation, God has been doing exactly this: restoring creation to order by entering a human body; staying with us in the darkest, sickest places; taking on social and finally physical death, so that we can all become one and rise from the dead. --Sara Miles, Jesus Freak

Lake Shore Baptist Church

Around the Table

**An Advent Retreat with
Author Sara Miles &
Rev. Paul Fromberg**

Thursday, December 1, 6:30 p.m.
worship, communion, dinner
Friday, December 2, 8:00 a.m.
day-long retreat, worship, discussion,
fellowship

Sara Miles and Paul Fromberg believe in hospitality, transformation and food. And they believe that all of these things are intimately connected to a Christian life of discipleship and spirituality made manifest in the life and ministry of Jesus Christ. Take some time out of your Advent season to learn from Miles, Fromberg, and other attendees. Share in the radical acts of storytelling, hospitality and eating together. The retreat will be worshipful, engaging, fun, and delicious!



View of the Food Pantry at St. Gregory of Nyssa.
Photo courtesy of Sara Miles



Sara Miles was raised an atheist, and lived a life as a writer, surrounded by family and food. One morning, she wandered into St. Gregory of Nyssa Episcopal Church in San Francisco. "I was certainly not interested in becoming a Christian," she writes. However, as she took part in the Eucharist, eating bread, sipping wine, she left radically transformed. Her book *Take This Bread*, is a reflection on her transformation, which led her to establish The Food Pantry. Her book *Jesus Freak*, challenges readers to follow in Christ's radical example of ministry of feeding, healing, and raising from the dead. Paul Fromberg, rector at St. Gregory's of Nyssa, and Miles are co-conspirators in ministry. He is a Texas native, and has served in churches both Texas and California since 1987. He is a preacher, teacher, liturgist, artist, and (so we hear) darn-good cook!



Retreat Schedule

Thursday, December 1

Dinner & Eucharist: 6:30 p.m.

Sara Miles, preaching

Rev. Paul Fromberg, presiding

Storytelling around the table

Cost is \$10 per person before 11/15, \$15 after 11/15

Friday, December 2

Full Day Retreat

Registration, Coffee, Gathering: 8:00 a.m.

Morning prayer

Session One: "Glorifying the Stranger"

Q&A and time for individual response

Session Two: "Around the Table"

Lunch

Session Three: "Taking on the New Humanity of Christ"

Eucharist

Dinner & Post-Eucharist fellowship

Cost is \$50 per person before 11/15; \$60 after 11/15

Students \$20 before 11/15; \$25 after 11/15

Cost for both days includes meals, coffee, and any required materials.

For more information contact the church office (254/772.2910) or LSBCTable@gmail.com

This is the first rule of the spiritual life: in order to know God we must change. I can't grow in the life of the Spirit without accepting that the promise of God is real and that it is drawing me into the one place that I cannot control: the future. I only get myself when I am willing to let myself go, when I am willing to let the vast Other take me.

-Paul Fromberg, eatingwithjesus.blogspot.com

Around the Table - Registration Form

Name: _____

Organization: _____

Address: _____

Phone: _____

Email: _____

I am registering for: By 11/15 After 11/15

Thursday evening (Includes dinner) \$10 \$15

Friday Retreat (Includes lunch & dinner) \$50 \$60

Student \$20 \$25

I would like to contribute _____ to helping sustain additional costs.

Total Enclosed: \$ _____

Make checks payable to Lake Shore Baptist Church, and include "Around the Table" in the Memo Line

How did you hear about this event? _____

Special Dietary Needs: _____