

## Our Speaker...



### Rev. Alan Johnson

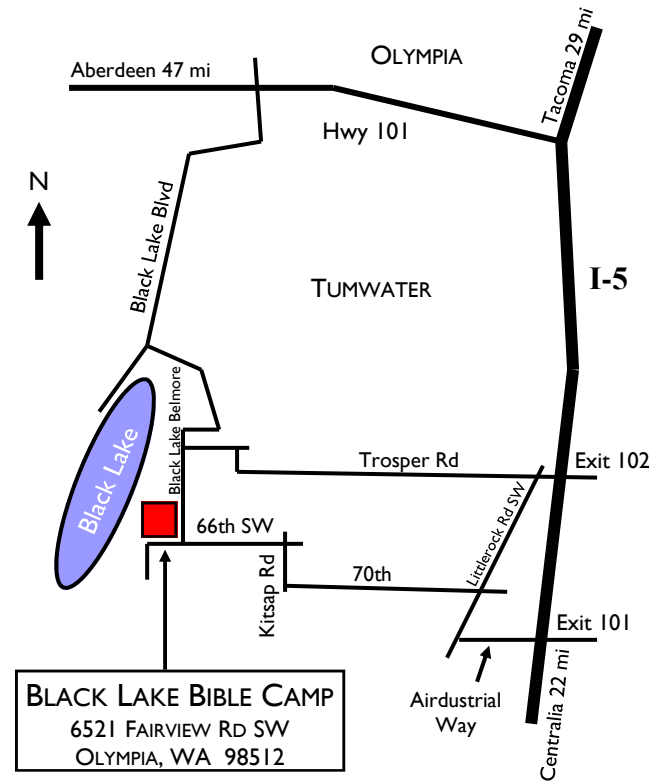
Pastor

Regeneration Church, Sammamish, WA

Alan Johnson is the pastor at Regeneration Church (Formerly Community Church of Joy). Alan earned his bachelor's degree in Culture, Literature and the Arts from the University of Washington and his Master of Divinity from the Lutheran Brethren Seminary. Alan has begun working towards his Doctor of Ministry at Fuller Theological Seminary in the area of Spiritual Direction and Faith Formation.

Alan has a passion for communicating the gospel. He desires to see believers go deeper in their faith and understanding of what God has done for them through Jesus Christ. As the understanding of God's love for us grows, it empowers us to share that love with those around us for the benefit of our neighbors and the glory of God. Alan desires to be a light to the lost and an encouragement to the found.

Alan is married to Cheryl, who is a nurse at Seattle Children's Hospital. They have two children, Elsie and Monroe. Alan loves being active and particularly hiking, running and playing basketball. Alan also enjoys reading, super heroes, and board games with lots of rules.



#### Directions from South:

Take I-5 North to exit 102 (Trosper Road)  
Turn LEFT on Trosper Road  
Follow Trosper to its end and turn RIGHT  
Follow around to the LEFT (turns into 49th Ave)  
At the stop sign (Black Lake Belmore) turn LEFT  
At the end of the road turn RIGHT onto 66th Ave  
Follow road directly into camp  
(We are at the corner where 66th Ave meets Fairview Rd)

#### Directions from North:

Take I-5 North to exit 102 (Trosper Road)  
Turn RIGHT on Trosper Road  
Follow Trosper to its end and turn RIGHT  
Follow around to the LEFT (turns into 49th Ave)  
At the stop sign (Black Lake Belmore) turn LEFT  
At the end of the road turn RIGHT onto 66th Ave  
Follow road directly into camp  
(We are at the corner where 66th Ave meets Fairview Rd)

# PACIFIC REGION NORTH



# MEN'S RETREAT 2021

November 5&6

*Black Lake  
Bible Camp*

Olympia, WA

## FREEDOM OF DISCIPLINE

*For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery.* Galatians 5:1

Freedom is one of the greatest words in our language, yet many of us live in bondage. In *Galatians 5:1*, the apostle Paul addresses people who have been set free by Christ and yet place themselves in bondage. Do you feel more restricted by faith than freed? Do you feel powerless to overcome the sin that keeps you bound? Join us as we explore a grace powered response that moves us from bondage into true freedom!

### SESSION 1 GRACE POWERED CHANGE

Efficiency and optimization are buzzwords today. There were over 18.5 million self-help books sold in 2019, and yet 2020 was not our best year. These books get published because people need help to change. The Bible is the antithesis to a self-help book. The world says we need to change in order to be accepted; God tells us that we are accepted in order to change. The Bible is a divine-help book which lays the foundation of true freedom found in grace powered change.

### SESSION 2 ROOTING OUT BONDAGE

If you have ever planted a garden, you know that you need more than good seeds or plants. First, you need to prepare the space. You need to clear the ground, remove the rocks and constantly pull up the weeds. The same is true for our spiritual lives. In order to experience the growth God desires, we first need to assess the space. What are the rocks? Where are the weeds?

### SESSION 3 CULTIVATING FREEDOM

Christians face challenges experiencing freedom between works and effort. Luther spoke against the works-based righteousness promoted by the Roman Catholic Church. He rightly asserted that we are saved by the finished work of Christ rather than our actions. This is the foundation of Christians Faith, but it is not the finished work. God desires us to be salt and light in the world. These works do not bring us to Christ, but flow from an authentic encounter with Christ. In this session we explore practices that can help us cultivate lives of faith, to experience true freedom!

## Schedule:

Friday, November 5

- 4:00pm Check-In, Free Time
- 6:00pm Dinner
- 7:00pm Opening: Welcome / Worship
- 7:45pm Session 1
- 8:45pm Small Group Breakout #1
- 9:30pm Free Time / Games

Saturday, November 6

- 7:30am Personal Devotional Time
- 8:00am Breakfast
- 9:00am Session 2
- 10:00am Crokinole Tournament / Recreation
- 12:00pm Lunch
- 1:15pm Small Group Breakout #2
- 2:00pm Session 3
- 3:00pm Taking Care of Business / 2022 Preview
- 3:15pm Offering / Closing Worship

**Cost:** \$99 / person

### New this year!

Lodging at Lakeside Lodge - 4 men/room.  
Meeting in the Black Hills Center. Larger/roomier

## What to Bring:

- Bible, pen or pencil and paper
- Casual clothes, including jacket
- Sleeping bag and pillow
- Toiletry items and towel

**We will follow state COVID precautions in place at the time of our Men's Retreat.**

## 2021 Registration

Deadline: Friday October 22, 2021

Register at our Pacific Region website:

[www.lbpacific.org](http://www.lbpacific.org)

or by mail using this form.

Name

Address

City, State, Zip

Phone

E-mail

Church

\$ Enclosed:

\$ Due at Event:

Roommate preference (4-8 per room)

1	2
3	4
5	6
7	8

Complete this form and mail with your deposit of \$10 or full payment of \$99 to:

Cornerstone Community Church  
Attn: Men's Retreat  
PO Box 546  
Ferndale, WA 98248

Please make checks payable to:

Cornerstone Community Church

Contact: Chris Leingang (360) 270-1136  
email: [pastorchrish98248@gmail.com](mailto:pastorchrish98248@gmail.com)