



Strong Women for a Peaceful World: *Healing, Gratitude & Co-Existence*

Friday September 24th and Saturday September 25th

This year's Women's Retreat is a two-day event to be held at Christ Church Kent Island – right next door to Camp Wright.

It's all about women of all ages taking time out of their daily lives to come together for rest, relaxation, fellowship, healing, discussion, fun & creativity -- and to be filled with the Spirit to take out into the world.

Planned offerings:

- Keynote address by the Rev Mary Garner
- Marking of the hours by prayer & song – morning, noonday, evening & night
- Journaling Workshop by Laura Oliver
- Anglican Prayer Beads Workshop* by Carol Sullivan Cooking Demo & Book Signing by Katie Moose
- Mandalas & Mandorlas Workshop by Susan Harwood
- Book Discussion of *The Faith Club: A Muslim, A Christian, A Jew – Three Women Search for Understanding* led by the Rev Mary Garner
- A Candle-lit Labyrinth (outdoors weather permitting or indoors)
- A Meditation by Deacon Melody Sutherland
- Yoga on the Grass by Sharon Cameron
- Women: Prophets & Priests – a workshop presented by the Rev Mary Garner
- Tea Time with Kathy Kwiatkowski – Herbal & Traditional Teas: Preparation & Lore
- Planning Workshop for St Brigid's Day 2011 led by Susan Harwood
- Massage Therapy in a Chair (\$25 for 20 minutes) & Reiki Sessions (no charge) scheduled throughout both days
- Concluding Eucharist & Healing Service

Registration

Download form from the Diocese of Easton website www.dioceseofeaston.org > ECW Episcopal Church Women > Women's Retreat. Fill it out & mail with check to: **Eleanor Hairston, 313 Elm Ave, Easton MD 21601.**

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| Friday program, including lunch | \$ 35.00 |
| Friday Dinner -- prepared by Camp Wright | 10.00 |
| Saturday program, including breakfast & lunch | 30.00 |
| Complete Program (all of the above) | \$ 70.00 |

Accommodations

Those willing and able are invited to bring air mattresses or sleeping bags and join us in a Slumber Party in the Church Hall.

For those wishing a more comfortable alternative, families in the Christ Church congregation will be opening their homes and guest rooms for a donation of \$20.00 to the African Ministries Trip.

* Note: There is an extra cost of \$15 for the Anglican Prayer Beads Workshop if you select from Carol's vast selection of beads. There is no extra charge if you bring your own beads. Check the website for a listing of the beads required.