

Women's Retreat

Women's Retreat at beautiful Mercy Center by the Sea, Madison CT

Date: Saturday, October 9

Time: 9:00 AM to 5:00 PM

Music, movement, meditations, and workshops that will help us connect to ourselves and to one another. For information and to reserve a space. Cost: \$36.00, which includes lunch (limited to 25 women). contact Pat Francek, patfrancek@gmail.com

Covid Precautions for the Retreat: Masks will be required. Everyone must be vaccinated. If it's nice weather, we will be outside as much as possible. Otherwise, our workshops will take place in a large ventilated room where we can spread out. Lunch will be sandwiches and salads served on paper plates.

Below is a sample of several of the workshops to be presented during the retreat:

Ann Bova: Navigating the Feminine Journey

As spiritual beings in a human body, we pass through many life chapters. Considering our female construct, we live through three major phases - the Maiden, the Mother, and the Crone. Join me on my journey of what this means and how to navigate it in a way that is deeply personal, productive, joyful, positive and satisfying.

Carol Hamilton: The Path of Listening

We've been running an emotional marathon. Take time to remember, refresh and renew with simple energy techniques that open you to reconnecting with nature and with yourself through all your senses. When your energies are humming, you begin to cultivate a peaceful heart and joyful living. Carol Hamilton is a certified School Psychologist, EFT level 3 practitioner trained in a variety of methods for healing and spiritual renewal, and synthesizes these with her experiences as a CT Master Gardener and Audubon Master Naturalist.

Cheryl Dixon Paul: Spirituality of Mentoring

We will gather our memories, our present self, even our future selves into the room; then, awaken an awareness of how we could be in relationship with Another in a most meaningful way. We will engage in reflection, sharing and imagining.

Evensong

We will gather to close this beautiful day spent together, using prayer, song and meditation.