

St. Patrick's Episcopal Church Women's Retreat Saturday, September 30, 2023



As a River Flows

a creative and contemplative day retreat for women

*"I would love to live
like a river flows,
carried by the surprise
of its own unfolding."*

~John O'Donohue

From retreat leader and spiritual companion, Christine Heister:

"I am drawn to water metaphors in scripture, poetry, song. Water flows—it breaks down barriers and overruns banks, it erodes and tears apart and follows a downward, somewhat reckless, path. But it also soothes and smooths and gentles us with its lapping and trickling softness. It quenches thirst, carries us, cleanses us, body and soul, and can be one of our greatest teachers.

On retreat we will explore the river as a spiritual guide, what we can learn, how we can embody its movement and wisdom, how God can invite us to live in and with the flow of love, surrender, and healing. We will trust the day's unfolding, letting the Spirit offer us exactly what we need to be refreshed and restored; we will enjoy nature and community and creative practice."

What to expect:

--a full day of soul-rest, community, and silence, group spiritual practices and prompts for solo reflection, nourishing food, and gently-tended table discussion

--plentiful art materials to engage in prayer, with simple and accessible guidance and prompts provided

--journaling invitations, music, and lots of space to just be

Our guide:

Christine Heister is an experienced retreat leader whose work flows from her own practice of retreat and her love for God and people. She is a spiritual companion, musician, and self-taught artist and is always seeking ways to be more present to the world through deep listening, long hugs, and the profound simplicity of letting go.

Where: St. Patrick's Episcopal Church 7121 Muirfield Drive, Dublin 43017 **When:** September 30, 2023. 8:00-4:30 (8:00-Morning Prayer, 8:30-Breakfast, 9:00-Retreat begins)

Cost: \$25 Includes light breakfast, Freedom a la Cart boxed lunch, snacks, drinks, and all retreat materials. Scholarships are available.

Contact for Questions: Deby McGinnis or Lindsey Peterson. (Information in Realm or contact the church office.) This will be an opportunity to be in community with women and share a relaxing day.

To sign up: Fill out the Women's Retreat Registration Form below this info. Choose your lunch choice. Mail or return it to the church office with your check for \$25 made out to St. Patrick's, with "Women's Fall Retreat" on the memo line. Registration deadline is September 20.

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NAME _____

EMAIL _____

PHONE _____

LUNCH CHOICE FROM FREEDOM A LA CART (descriptions available on the Freedom a la Cart website)
<https://freedomalacart.org>

Turkey Tango _____

Turkey and Swiss Sandwich _____

Ham and Provolone Sandwich _____

Harvest Chicken Salad Sandwich _____

Caprese Chicken Sandwich _____

Hummus Vegetable Wrap (v) _____

Chicken Bacon Caesar Wrap _____

Caesar Salad _____

Life Salad _____

Gluten free or vegan? _____

Any allergies or restrictions of which we should be aware? _____