

**What To Expect:** My intention behind planning this retreat is to provide an opportunity for the women at Holy Trinity to gather together and have some time away from parish responsibilities. It is also my hope that it will provide a laid back environment for us to grow together in our faith and quite simply have FUN!!

**Time for You:** While there is a schedule to the weekend my hope and prayer is that you will use the weekend as you need. Each session focuses on a different spiritual discipline so you may choose to come to all the sessions or just one or two and use the time to practice the disciplines you learn. There will also be a spiritual director available during the afternoon on Saturday for anyone who would like to meet and pray with them. I will also be available to meet with people and talk with them. However, if you need to sleep that will be encouraged. If you need to go for a walk or paddle on the water that is great too. If you just want to sit by the fire and read a book then by all means.

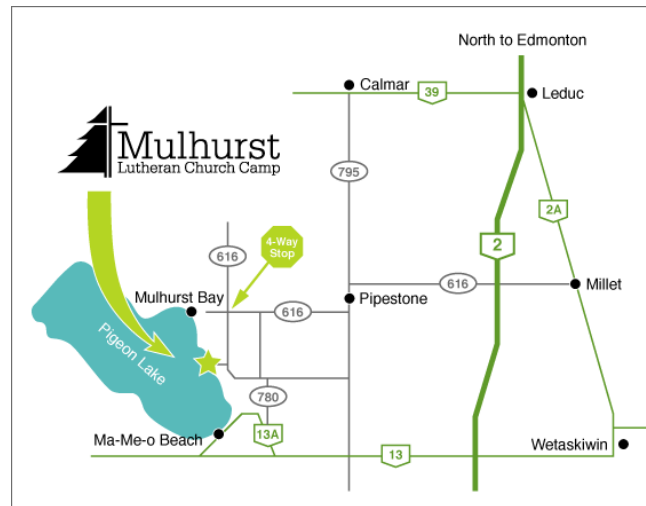
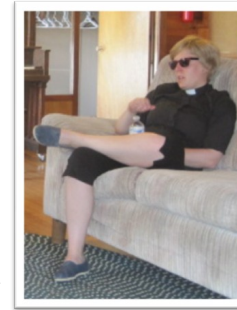
**Time together:** In addition to allowing people to have their space and rejuvenate it is also my hope and prayer that we will spend time together in common prayer as well as having fun around the campfire with a glass of wine and a game of scrabble or cribbage. There is also opportunity for great conversation in the Fireside room with a warm cup of tea or cocoa.

This is a weekend you will not want to miss. I look forward to sharing in it with you. Should you have any further questions don't hesitate to call 780-433-5530 or to email me at the church [curate@holyltrinity.ab.ca](mailto:curate@holyltrinity.ab.ca).

Hope to see you there!  
Blessings, *The Rev. Sarah Holmstrom*



If you come along,  
you could be this  
relaxed too! ☺



Holy Trinity Anglican Church

# Women's Retreat

September 12 to 14, 2014

Come and spend a weekend with the women of our church as we reflect, relax, kayak on the water, and renew!

Opportunities will be available for fellowship, prayer, and study as we go through sessions from Ruth Haley Barton's book, *Sacred Rhythms*, which

focuses on creating a "rule of life" for our spiritual lives. Space is limited, so register early to secure a spot.

Read on to find out more about the camp, the schedule, and what the weekend will look like.

We are excited to see you there!



### The Schedule

#### **Friday, Sept. 12**

- 12pm to 5pm: Check-In  
5:30 to 6:30pm: Dinner  
7:00 to 8:30pm: Session 1 - *Desire: Longing for More in the Spiritual Life*  
8:30 to 9pm: Compline  
9pm: Quiet time/Free time

#### **Saturday, Sept. 13**

- 8am: Breakfast  
8:30 to 9am: Morning Prayer  
9 to 9:15am: Break for coffee  
9:15 to 10:30am: Session 2 - *Solitude and Silence: Creating Space for God*  
10:30 to 11am: Reflection/Quiet Prayer Time - chapel, labyrinth, journaling  
11 to 12:30pm: Lunch/Session 3 - *Lectio Divina: Encountering God in Scripture* (Note: this session includes a quiet lunch)  
1 to 3:30pm: Meeting with Spiritual Directors time for reflection, private prayer  
3:30 to 5pm: Session 4 - *Honouring the Body: Flesh-and-Blood Spirituality*  
5:00 to 5:30pm: Evening Prayer  
5:30 to 6pm: Supper  
7 to 8:30pm: Session 5: *The Examen: Bringing My Whole Self to God*  
8:30 to 9:00pm: Compline

#### **Sunday, Sept. 14**

- 9:30 to 10:45am: Eucharist  
11 to 12:15pm: Session 6: *A Rule of Life: Cultivating Your Own Sacred Rhythms*  
12:15 to 1:00pm: Brunch  
1:00 to 3:00pm: Clean-up/Check-out/Free Time

### About the Camp:



facilities or visit [www.mulhurstlutherancamp.ca](http://www.mulhurstlutherancamp.ca).

The retreat will take place at Mulhurst Lutheran Camp on the beautiful shores of Pigeon Lake. The camp has cozy cabins, great meeting rooms, and even a sauna to enjoy! Check out the back of this brochure for some great photos of the

### The Cost:

The cost of the retreat is \$77.00 per person, made payable by cash or cheque to Holy Trinity Anglican Church. Please have your registration form and payment in to the church office no later than August 31. Registration is limited to 25 people, so get your registration forms in early! Please speak to Rev. Sarah if the cost of the retreat is prohibitive for you.

What your registration fee includes:

- Accommodations
- Meals and Snacks
- Retreat Materials

### What to Bring:

- Bedding
- Towels
- Slippers
- BYOB&B (bring your own Bible and booze! ☺)
- Swimsuit for the sauna
- Flashlight
- Insect Repellent
- Board Games or Card Games
- Any other personal items you require



### Registration Form

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Food Allergies:

- Gluten  
 Nuts  
 Dairy  
 Shellfish  
 Other: \_\_\_\_\_

Carpooling:

- I will need a ride  
 I can give a ride to \_\_\_\_\_ people  
 I will drive myself

Cabin & Bunk Preference:

Note: Not all cabins have bathrooms and showers in them. Preference will be given to those with higher accessibility needs.

- Cabin with bathroom and shower  
 Cabin without bathroom and shower (with access to lodge washroom and shower)  
 Either Cabin type  
 I can sleep on a top bunk  
 I need a bottom bunk  
 Either top or bottom bunk

Please detach this form and return it to the church office or Rev. Sarah Holmstrom, along with your payment no later than August 31st, 2014. Thank you! We look forward to seeing you there!

