

Westminster Women's Retreat – Fall 2020
October 23 – October 24
Exploring Care for Ourselves to Strengthen Our Care for Others

Please register for the retreat as soon as possible before Monday, October 19th

by emailing Deb Wagner dwagner@wpc-mpls.org (preferred contact method)
or leaving her a voicemail at church: 612-332-3421 ext. 212

We're trying a new approach for our retreat. Most of it will be online, but we'll try to do as much as possible to encourage the interpersonal connections and interactions we value so much. If you don't have access to a computer, you can still dial in to hear the presentations and participate in discussions. During the retreat, we'll explore the deeper meaning behind self care and how it strengthens us to extend that care to the community.

October 23-24: There will be a Friday evening Vespers service at 6:30, and Saturday's Zoom options include a yoga/gentle movement session, our featured speaker, and after a lunch break we'll have an introduction to the practice of centering prayer and a closing service. The schedule for all of this is attached. In the late afternoon, if you want you can walk a labyrinth-- we'll have one set up on Marquette Green at church and we'll also provide a list of other labyrinths available in the metro area.

There's no registration fee for the retreat. Although there's no limit on the number of people who can sign up for the online sessions, there may be a limit on the number of people who can participate in the small-group fireside Vespers services or labyrinth. (Please note that the Vespers service will also be offered online.)

Care packages with items related to the retreat theme will be distributed to participants who register by October 19th so please register early to help us with the preparation for that.

At our in-person retreats, people were assigned roommates to get to know a new friend or deepen an existing relationship. We will offer "virtual roommates" for those who wish to be assigned someone new. The idea is that this would help you get to know someone better-- possibly by talking Friday evening, chatting during the lunch break, meeting at the labyrinth, or connecting later to reflect and share about the retreat experience.

Rev. Ashley-Anne Masters is our featured speaker who will lead the main part of our program Saturday morning from 10:00-12:00.



Ashley-Anne is Director of Presbyterian Campus Ministry of Raleigh, a faith-based nonprofit serving college-aged students in the greater Raleigh area. She's also serving as a hospital chaplain part-time during the pandemic. She holds degrees from Columbia Theological Seminary and Presbyterian College. Prior to campus ministry, she served as Interim Manager of Spiritual Care at Ann & Robert H. Lurie Children's Hospital of Chicago.

A lively and engaging speaker, she is passionate about hearing other's stories and creating rituals to mark significant seasons of our lives.

In her 2015 Montreat Youth Conference Keynote she said, "My hope for all of us is that we never grow tired of sharing our stories of redemption, reconciliation, and grace to a world so desperate for tangible hope and palpable peace. May we never miss an opportunity to accompany someone through the wasteland, and may we never fear our stories are too messy to be told. For on the waves and shorelines of baptismal promises, and amid the salty tears of exile and wilderness, God is faithful still."

She is co-author of *Bless Her Heart: Life as a Young Clergywoman*, author of *Holding Hope: Grieving Pregnancy Loss During Advent*, contributor to *Talking Taboo: American Christian Women Get Frank About Faith*, and blogs at revaam.org.



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SCHEDULE

This is a buffet of offerings. It's fine to pick and choose what you want to participate in.

Friday 10/23

6:30

Fireside or Online Vesper Service. Fireside services will be outside (weather permitting) with groups of 8-10; advance signup required. A Zoom link will be sent for the online service.

Saturday 10/24

8:30-9:30

Awaken body and spirit with:

- A yoga/gentle movement Zoom session led by Pastor Cindy Senarighi of Yogadevotion
Pastor Cindy, founder of Yogadevotion, is a second career pastor. Her first call was to be an RN. She developed her yoga practice while serving as a parish nurse in a large Lutheran church. It was in that yoga practice that Cindy felt an overwhelming presence of God, a healing love and light that was new and undeniable.
- Or take a walk to appreciate the beauty of a fall morning (on your own or with 1 or 2 others)

9:45

Begin check-in for the main program. We'd like to be ready to go at 10:00 ☺

10:00-12:00

Main program led by Rev. Ashley-Anne Masters

How can we better care for ourselves for the sake of a more healed, just, and resilient world? As Christian women we must model what it means to strengthen ourselves so we can serve with boldness and sustainability. *This will be a mix of a presentation and breakout groups on Zoom, and we'll take a short break during this session. See Ashley-Anne's bio on the next page*

12:00-1:00 Lunch Break

1:00-1:55

Centering Prayer Zoom Session led by LeAnn Linder-Scholer, MA, SD

"Be still, and know that I am God." Ps.46

This simple wisdom is an invitation from God to set aside all activity, rest in silence, and enter the deep stillness, God within us. Centering Prayer is an updated form of an ancient meditative practice rooted in the Christian tradition of Contemplation. This method of prayer is both designed to deepen our relationship with God and a discipline to foster that relationship. LeAnn is a Spiritual Guide who trained at Shalem Institute, Washington D.C. She has practiced centering prayer for 32 years and led groups for 24 years.

2:00-2:30

Closing Service (online) led by Rev. Sarah Brouwer and Rev. Ashley-Anne Masters

Also....

We'll have a labyrinth in the Marquette Green at church available from 2:45-5:30 (weather permitting) Advance signup required so we can make sure we observe social distancing.