

WOMEN'S RETREAT AGENDA

FRIDAY

Marillac Center in Leavenworth
4200 S. 4th Street Leavenworth, KS 66048
<https://www.scls.org/prayer-spirituality/marillac-center/>

Jan. 25-26, 2019

6:30 pm – 1:30 pm

Theme	“Come as You Are”
Attendees:	Women of Aldersgate and Old Mission
Items provided	Sheets, blankets, pillows, towels – hotel like rooms, coffee, water, breakfast and lunch. The Center does not allow plastic water bottles or tobacco.
Please bring:	Bible, notebook, pen, pajamas, toiletries, clothes for Saturday, workout clothes for exercise room and swim suit for spa area, snacks to share. Friday evening will be community time. People are welcome to bring board games or spa items like nail polish or masks, yoga mat/towel. You may also want to bring a craft to share- something that energizes or renews you.

6:30 – 7:00 pm	Check in, put items in your rooms and gather	Marillac Center
7:00 – 8:30 pm	Gather, introductions, ice breaker, worship, reflection time Gather Rev. Shelly McNaughton- Lawrence and Rev. Karen Nyhart Ice Breaker Karen Eisele Worship/Reflection time All listed Above	O’Shea Conference Room
8:30 – 10:00 pm	Fellowship Time Games Board games, card games Spa Time Meditation time, nails, masks – time to take care of you Crafts Share your craft passion with others. What do you enjoy doing that helps energize you?	O’Shea Conference Room
10:00 pm	Get Ready for Bed Head to rooms Continue conversations Get to know your roommate Before lights out Journal, pray, reflect	Marillac Center

Additional Instructions:

You are welcome to stay up, but please be quiet for those that are sleeping. In the morning we will meet in the dining hall at 7:00 for breakfast.

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SATURDAY

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6:30 pm – 1:30 pm

Theme "Come as You Are"

Attendees: Women of Aldersgate and Old Mission United Methodist Church

Good Morning! If you are an early riser, check out the workout room, spa area, outdoor labyrinth, or enjoy a walk around the center. We will meet at 7:00 in the Dining Hall for breakfast.

7:00 – 7:45 am	Breakfast	Dining Hall
8:00 – 8:45 am	Morning Worship and Devotion Worship/Devotion Rev. Shelly McNaughton Lawrence, Rev. Karen Nyhart	O'Shea Conference Room
9:00 – 11:30 am	Rev. Tiffany Baker	O'Shea Conference Room
12:00 – 12:45 pm	Lunch	Dining Hall
1:00 - 1:30 pm	Closing Worship	O'Shea Conference Room

Additional Instructions:

During Break times: take walks, meditate, walk the outdoor labyrinth, socialize with friends, pack.