



From Strength to Strength: Spiritual Resilience Women's Retreat: Jan. 12-14, 2018

Ladies,

Next weekend we will spend time together at the Claggett Center's Women's Retreat. Thank you for registering. If this is your first time coming to this retreat, rest assured we are a welcoming community and are looking forward to spending our weekend with you.

There are a few things you will want to know before coming to the event.

Please bring warm comfortable clothes and shoes. You may want to dress in layers as we will be traveling from space to space and some spaces will be warm and others may be a little cooler. We will need to go outside to get from the inn to the dining hall and large meeting space as well as to St. Andrew's Chapel. For those who are unable to walk a long distance, we will have cars available to drive you from the inn to the chapel and back.

Make sure to bring your medications, a bible and a snack to share (something small).

Before you come to the retreat we ask that you read Jeremiah 17:5-8 and reflect on this verse. Also please go to <https://www.authentic happiness.sas.upenn.edu/questionnaires/survey-character-strengths>, register and take the survey (registration is free). It takes approximately 15 minutes. Please write down your top five results or print them out. This will give insight and help with the bible passages we will use for the weekend.

During our two-hour break in the afternoon, you can take advantage of the free time to take a nap, read a book, work on a craft (you will need to bring your supplies), take a walk outside along a trail, the driveway or the labyrinth. Or you can just hang out with new friends or old and there might even be an opportunity for a sing-along.

There will also be a massage therapist available on Saturday afternoon during our afternoon break to offer 10-minute chair massage for \$10.00. If you are interested in taking advantage of her services, please let me know in advance so we can give her an idea of how many women to expect. Please bring payment in cash.

The Rev. Adrien Dawson is our spiritual leader for the weekend and will be available for pastoral counseling if needed from Friday night until Saturday afternoon,

After our work is done, we spend Saturday evening just hanging out together (usually in our PJs). We tend to sit around and talk, sing and read children's books. If you have a favorite children's book you would like to share, please bring it to the retreat. No one is required to participate but we do have a lot of fun.

If you have any questions about the retreat, Claggett Center or what you need to bring, please do not hesitate to contact me at barbara.delorenzo@gmail.com or on my cell phone 443-386-4540.

Can't wait to see you next Friday.

Barbara De Lorenzo

Women's Retreat Coordinator