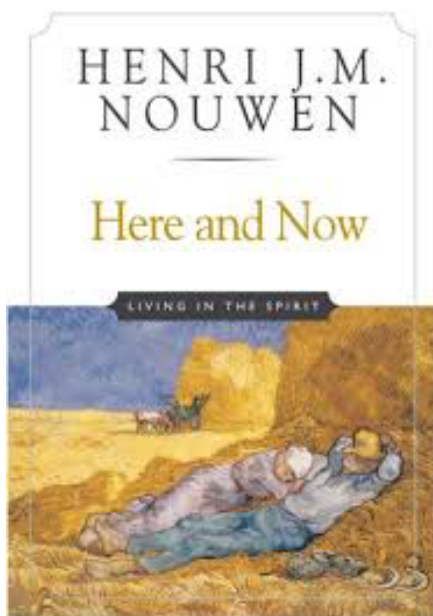


Sequanota Women's Retreat

April 28-30, 2017



A time for women – young & old, to pray, study, be present, and renew. Join us for a retreat with conversations based on Henri Nouwen's book: *Here and Now*.

"When realizing that 10 years ago I didn't have the faintest idea that I would end up where I am, I still like to keep up the illusion that I am in control of my own life. I like to decide what I most need, what I will do next, what I want to accomplish, and how other will think of me. While being so busy running my own life, I become oblivious to the gentle movements of the Spirit of God within me, pointing me in directions quite different from my own." (Nouwen, 1994, p. 52)

Our weekend will include sessions based on the book, meals, prayer, worship, and free time for projects, hiking, resting, or praying. Rev. Susan Winger will facilitate the sessions.

FRIDAY:

6:00-6:45pm Check-in
Session 1

Night-time Prayer

Fellowship Time:

movies, games, etc.

SATURDAY:

Continental Breakfast

Morning Yoga

Session 2

Brunch

Living in the moment:

Hike, Bake, Craft,

Read, Quiet Time

Tea Time & Essential Oils

Dinner

Session 3

Evening Prayer

Fellowship Time

SUNDAY:

Breakfast

Morning Yoga

Session 4

Thanksgiving Prayer

Lunch

Sequanota Women's Retreat Registration Form

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

Please mail this form and a check to:

Sequanota
PO. Box 245
Jennerstown, PA 15547



Or Register Online:

www.sequanota.com/event-descriptions

Lodging is available in the Bowersox Center. Linens (bedding and towels) will be provided. Please plan to bring comfortable clothes, toiletries, notebook/pens., a bible, and a copy of the book.

Choose one of the following options:

_____ Weekend: \$130 (Double Occupancy)

_____ Weekend: \$170 (Single Occupancy - limited number of rooms available)

_____ No Lodging: \$50

Roommate Request: _____

Special Dietary Requests: _____
