

Registration Form:

Name: _____

Phone: _____

Cell Phone: _____

Email: _____

Mailing Address:

Enclosed is my full payment of \$225

I would like to make a donation of \$_____ to defray expenses or help with scholarships.

I would like to request a partial or full scholarship in the amount of \$_____.

Which is the best way to contact you:
Email___ Phone___ US Mail ___

Transportation:

I would like to drive my car and I can take _____ passengers.

Two weeks before the retreat we will email all participants with the names and contact information of those persons who have volunteered to drive. You may contact them directly to arrange transportation.

For questions ask Kathy Graunke at 206-321-0189 or e-mail at kathygraunke@gmail.com.

Dining:

I have special dietary needs (*specify*):

Accommodations:

- I require a lower bunk.
- I require a handicap accessible room.
- If available, I would like a private room.



*St. Stephen's Episcopal Church
4805 NE 45th Street
Seattle, Washington, 98105
206-522-7144
www.ststephens-seattle.org*

**You are invited!
St. Stephen's Church
Women's Retreat**

November 3rd—5th, 2017



Theme:
Blessing on the Journey

Location:
St. Andrew's House, Hood Canal

Registration Deadline:
Sunday October 15th, 2017

Theme:

Blessing on the Journey will be the theme of the annual Women's Retreat. Key words in our theme are "blessing" and "journey." What is blessing? What does it mean to bless? How do we bless as we move along in our journeys? What is our "original blessing" as children of God? We will explore our own experience of blessing and blessings, examine blessings others have given or written, get a few tips on how to bless and compose blessings, write our own blessings, and bless each other. Who would you like to bless along the way? How would you like for your loved ones and others you care about to be blessed? How is blessing a spiritual practice?

Our mission statement at St. Stephen's is: 'We seek to know and love Christ, to know and love the stranger, to know and love each other'. Help us to live that mission by coming together with us for a weekend of shared reflections, experiences, fellowship and time to relax and enjoy nature's wonders in the lovely setting of St. Andrew's House.

About the Retreat:

The retreat will be a time to play, knit, read, hike, sing, laugh and let someone else cook and clean. It will balance plenty of free time with the program content.

We will begin on Friday evening by watching John O'Donohue's movie "A Celtic Pilgrimage," which will help us explore the spiritual blessing of landscape. On Sunday morning we will conclude with a Celtic Morning Prayer service. In between there will be opportunities for centering prayer and walking meditation as well as the other recreational activities you yourself choose.



Our Facilitator: Cherry Haisten

Commissioned by Contemplative Outreach, Cherry Haisten is a longtime presenter of workshops on Centering Prayer and Welcoming Prayer, which she has regularly practiced for two decades. For six years, she served as the Welcoming Prayer Service Team leader for the international Contemplative Outreach Resource Faculty, the contemplative dimension of spirituality in Seattle and around the country.

Cherry is program director of The Center at St. Andrew's, a healing and lifelong learning ministry of St. Andrew's Episcopal Church, Seattle, where she also serves as a Eucharistic minister, healing minister, and licensed lay preacher.

Accommodations:

St. Andrew's offers views of the water and the beautiful Olympic Mountains. Rooms are comfortable with both private rooms as well as rooms for 2 to 5 women. Linens are provided: sheets, pillowcase, and towels. Two rooms are wheelchair accessible. The food is wonderful with farm-to-table, organic, free-range fare that can be gluten-free or vegetarian/vegan and accommodate other special dietary needs with prior requests noted on your registration form. The historic lodge and gardens have panoramic views of Hood Canal and the Olympic Mountains. Many nearby trails for hiking are close at hand as well as a labyrinth located next door.

Date and Time:

Friday, Nov. 3, arrival begins at 4:00 PM.
Program ends at 1:00 PM, Sunday, Nov. 5.

Registration and Payment Deadline:

Sunday, October 15, 2017

Retreat Cost:

The cost for two nights' lodging, six meals, materials, and program is \$225.00. Partial and full scholarships are available upon request. Please note your request on the registration. A full refund can only be provided if your cancellation is received before October 15.

To Register:

Register by filling out the form on the reverse side or downloading one from www.ststephens-seattle.org (select 'Find Fellowship' and then 'Women's Retreat..') Return it with your check made payable to St. Stephen's. Write "Women's Retreat" in the memo line. Mail, drop off at the church office, or put in black drop-box located to the left of the Parish Hall exterior entrance.



St. Andrew's House is a 1 hour and 45 minutes drive from downtown Seattle. Please see their website for additional information about the location and accommodations. www.saintandrewshouse.org
St. Andrew's House, 7550 E. Hwy 106
Union WA 98592 Phone: 360-898-2362