



Prayer, Personality and Spiritual Practices: Cultivating Peace in Our Daily Lives

2012 Women's Retreat, March 30-April 1

Common today is the woman who feels pulled in multiple directions. The responsibilities of work, whether paid or volunteer, home, church, family are just some that leave many women feeling stressed and depleted at the day's end. At this year's retreat, we will take a deeper look at various spiritual practices, from Benedictine spirituality to centering prayer and many in between, to equip us with tools to incorporate into our daily lives. Considering how our personality types shape what might work best for us, we will aim to deepen the reservoir that can connect us to God and still the waters of our souls.

This Year's Facilitator

Jessica Attas Xolalpa was confirmed at St. Paul's over twenty years ago, and is happy to be back home after nine years in Mexico. She served in Cuernavaca as Director of Christian Education for St. Michael and All Angels Episcopal/Anglican Church, coordinating and leading classes and seminars for both adults and children. At home in Waco, she is leading a lab on Christian Spirituality at Baylor. She is particularly excited for the journey that lays ahead, as she was just selected and named to be one of our Diocese's five Postulants for Holy Orders. She enjoys life with her husband, Erick, and two precious- and spirited!- children!

Retreat Location

Still Water Lodge is the adult-only facility of Glen Lake Camp and Retreat Center in Glen Rose. Still Water Lodge is a beautiful facility located on the Paluxy River, only a mile or so from the historic square in Glen Rose.

Carpooling Information

There is always the possibility of starting the retreat a little early by carpooling down to Still Water Lodge together! For more information on carpooling and any other retreat questions, contact Erin Busby, Director of Youth and Family Ministries at 254-753-4501 or erin@stpaulswaco.org.

Schedule

Friday (March 30)

- Arrival and check in between 5 and 7 p.m.
 - Dinner
- Program begins at 7 p.m.

Saturday (March 31)

- Breakfast
- Program
 - Lunch
- Program
- Free time
 - Dinner
 - Activity

Sunday (April 1)

- Breakfast
- Program
 - Holy Eucharist
- Lunch, Checkout and departure

The first session of the retreat will start after dinner, allowing retreat participants time to get to Still Water Lodge after a day of work. Check in time is 5 p.m. You may arrive earlier if you would like.

Registration Form

Registration Deadline

March 15.

Make checks payable to St. Paul's Episcopal Church. Write "Women's Retreat" on the memo line. Please mail to Erin Busby, Director of Youth and Family Ministries.

**Scholarships available. For more information contact Erin Busby, erin@stpaulswaco.org, 254.753.4501

Name _____

Address _____

Phone _____

Full Payment is due at time of registration.

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|--|----------|
| <input type="checkbox"/> Single Occupancy Room | \$225.00 |
| <input type="checkbox"/> Double Occupancy Room | \$225.00 |

A note about the rooms... they are suites, so even if you request a single occupancy room you could have a roommate. If you request single occupancy you will have a room and a bathroom to yourself, but will be in the suite with another person that has their own room and bathroom as well.