

TO REGISTER

Detach and return the completed form overleaf with cash or cheque (payable to St John the Evangelist) to:

St John the Evangelist Anglican Church
154 Somerset Street West
Ottawa, ON
K2P 0H8

DEADLINE IS FRIDAY, SEPTEMBER 29TH

Please register early!

THANK YOU!



THEME SPEAKER

The Reverend Deacon Christine Jannasch has worked as a nurse and social worker. Ordained in 2013, she is Chaplain to The Well/La Source Drop-In Centre for Women and Women with Children, and is also Pastoral Associate at Christ Church Cathedral, Ottawa. Christine has a private practice in counselling and spiritual direction and co-leads silent retreats for Contemplative Outreach Eastern Ontario. She is passionate about the intersections of mental health and spirituality.

VENUE

The Galilee Centre in Arnprior is an oasis of peace, care and comfort, situated on a hill next to an old growth forest, overlooking the Ottawa River.

COST

Includes all meals, snacks, wine & cheese.

Single room - \$160.00

Shared room - \$140.00

A limited number of subsidies are available, on a first come/first served basis. Please contact The Reverend Beth Bretzlaff for more information:

beth@stjohnsottawa.ca or (613) 232-4500 x 12.

CARPOOLING

If you are able to offer a ride, or need a ride, please note this on your registration. Our carpooling coordinator will be in touch with you the week before the retreat regarding rides.

MORE INFORMATION

Please contact Sally Andrews:

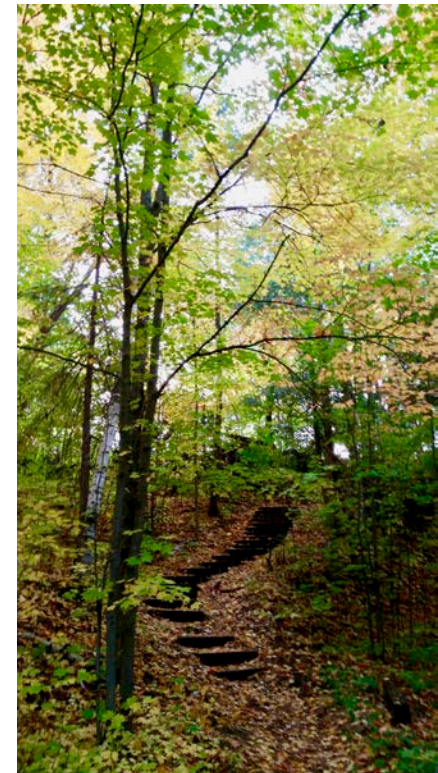
sally.andrews@sympatico.ca or (613) 730-1810.

For questions about registration specifically, please contact Laura Macdonald:

office@stjohnsottawa.ca or (613) 232-4500 ext 10.

A WOMEN'S RETREAT 2017

ORGANIZED BY
ST JOHN THE EVANGELIST OTTAWA



HEALING PATHS

FRIDAY, OCTOBER 13TH DINNERTIME TO
SATURDAY, OCTOBER 14TH AFTERNOON
GALILEE CENTRE, ARNPRIOR, ON

Registration Deadline – Friday, September 29th
(Spaces are limited so please register early!)

THEME

Forgiveness is a core Christian practice, but sometimes we are confused about how to forgive. We may be stuck in the process and unable to move on. Or we may not even notice how much of a burden un-forgiveness has become in our lives.

In this retreat, we will learn about the four steps of forgiveness as a way of finding healing and freedom. We will find out what grief and non-violent resistance have to do with forgiveness. We will also share some forgiveness tips and resources. In other words, we will explore healing paths!

PROGRAM

Please note that everything is optional!

Friday

1.00-4.00 pm	Grounds & labyrinth available
4.00-5.30 pm	Registration & check-in
5.30-6.30 pm	Supper
6.30-7.30 pm	Break
7.00-8.30 pm	Welcome & theme session
8.30 pm on	Wine & cheese

Saturday

7.00-7.45 am	Yoga
8.00-9.00 am	Breakfast
9.00-10.30 am	Theme session
10.30-11.00 am	Break
11.00-12.30 pm	Workshops
12.30-1.30 pm	Lunch
1.30-3.00 pm	Workshops
3.00-3.30 pm	Eucharist & send-off

WHAT TO BRING

A friend! Comfortable clothing, walking shoes, slippers, toiletries. A musical instrument, Bible, yoga mat (see workshop descriptions).

WORKSHOPS

There are two workshop times on Saturday. You may choose from the offered opportunities, or take advantage of the time to relax.

Singing

Moving forward in song: hymns and music to heal the soul. Whether you sing a little or a lot, please come and join in the music. All voices are welcome! Led by Bev Humphries.

Yoga

Explore the connection between your breath, your body and how you move. This class will help you expand what your body can do, instead of what it cannot. Simple ways to become more present, even off your mat, will be learned, and the session will end in silent meditation/relaxation. Led by Jo-Ann Oosterman.

Bible Study

What Bible passage helps you when you are grieving or needing comfort? Bring your favourite verse or short passage to share. If you have a Bible that you use often, please bring that along as well. Led by Vicki Milnes.

The Labyrinth

Walking the paths of grief and forgiveness invites us to step out of stuck places and move into the flow of life. The labyrinth is a deep spiritual practice that can help us notice where we are on our path, to let go of the old, and welcome the new. Led by Deacon Christine Jannasch.



HEALING PATHS: A WOMEN'S RETREAT REGISTRATION FORM

NAME: _____

PHONE: _____

EMAIL: _____

PARISH: _____

ROOM CHOICE: (please choose one)

- Single room (\$160.00)
 - Ground Floor preferred (single only, \$160.00)
 - Shared room (second floor only, \$140.00)
- I would like to share with:
- _____

DONATION:

Donations over and above the cost of registration will be tax-receipted. They will help subsidize the cost of the retreat for those who would not otherwise be able to participate.

- Donation of \$ _____

TOTAL AMOUNT ENCLOSED: \$ _____

CARPOOLING:

- I need a ride
- I can offer a ride for _____ people
- I am making my own arrangements

SPECIAL DIETARY NEEDS:
