

The Pilgrim's Path - Women's Retreat

Altamont Reformed Church 10/24/2015 Ellen Howie co-leader

-
- Friday evening: Arrive, make bed, settle in
Dinner
Evening Prayer
DVD "Calendar Girls"
- Saturday: Morning Prayer, including Psalm 121
Breakfast
Context:
 Birth, Awareness, Adventure, Joy, Sorrow
Break, Lunch
 Hope/Reflections on context arenas
Solitude
 Walking the beach labyrinth
Singing to gather again
 Forgiveness
 Creativity-Art Supplies, Mandala/Haiku Creation
Reflections/Rebirth
Evaluation
Dinner
- Sunday: Morning Prayer
Breakfast
 Pack, clean rooms
Communion



Labyrinth- Created on beach of Lake Pleasant-Fowler Retreat Center, Speculator, NY



Table Decor-Changed each session of 2 day retreat of Pilgrim's Path