

Workshops Available

Select 1st and 2nd choices for both the morning and afternoon sessions.

Morning Choices

- Finding Serenity in the Midst of Chaos
- Dance as Worship
- Mantle of Peace: Prayer Shawl Knitting
- FREE TIME

1st Choice: _____

2nd Choice: _____

Afternoon Choices

- Mantle of Peace: Prayer Shawl Knitting
- Walk by Faith, Be Fit to Serve
- Sampling Prayer: Guides to Being Still and Knowing God
- FREE TIME

1st Choice: _____

2nd Choice: _____

Please tell us about yourself:

Physical Limitations

(Please indicate if climbing steps is a problem):

Dietary Restrictions _____

Local Church Name _____



ABOUT the SPEAKER

The Rev. Beth Pessah



The Rev. Beth Pessah: Priest, wife, mother and lover of story telling.

The Rev. Beth Pessah, B.A., M.Div. is a graduate of Wycliffe College, University of Toronto and was ordained a priest in April 2012 in the Diocese of Toronto, Canada. Mother Beth moved to Florida in 2015 and is canonically resident in the Diocese of Central Florida as a non-parochial priest and is also currently licensed by Bishop Howard as a Priest/Missioner in the Diocese of Florida. She and her husband, the Rev. Stephen Pessah (Rector at Church of the Holy Child, Ormond Beach) have two children and a sweet dog, Maxine.

The Women's Retreat
Be still and
know that
I am God

Canterbury Retreat
& Conference Center

1601 Alafaya Trail
Oviedo, FL 32765
www.canterburyretreat.org

Women of all ages welcome!



THINGS TO BRING:

Your Bible, comfortable casual clothes, lawn chair, fishing pole (if you want to fish), flashlight.

Holy Trinity, Melbourne & Church of Our Savior, Palm Bay present the

The Women's Retreat

March 9 - 11, 2018



Canterbury Retreat & Conference Center,
Oviedo, Florida

FEATURED
SPEAKER:

The Rev. Beth Pessah

Registration will begin on February 1

Be still and know that I am God

In a world that seems to grow continually busier, the idea of being still can seem like an impossible task. Maybe, despite the endless to-do lists, we can find ways in our hearts and souls to do just that.

During our time together we will explore physical and spiritual stillness and how to find our own sense of calm, to which God calls us. Our theme sessions and workshops will give us tools to find our inner calm in the midst of a busy world.

Along with the workshops, there will be times of fellowship and worship with music led by Clare Toy.

IMPORTANT: BRING YOUR BIBLE

WEEKEND HIGHLIGHTS

Friday evening

- Registration at 4:00pm
- Reception
- Dinner
- Welcome gathering
- Compline

Saturday

- Music
- Featured speaker
- Workshops: morning and afternoon
- Reconciliation
- Taizé Service/Healing Prayer
- Social Hour

Sunday

- Eucharist followed by brunch
- Check out time 11:00am

ABOUT THE WORKSHOPS

Finding Serenity in the Midst of Chaos - Sharon Jones Ph.D. and Cynthia Koppler, LCSW, RN from *Everyone's Counseling Center*: Maintaining openness to God's direction and guidance. How to apply that direction to living a peaceful and fulfilled life.

Dance as Worship - Anne Fay, *Holy Trinity Parishioner*: And here we offer and present unto thee, O Lord, our selves, our souls and bodies..." (BCP, Holy Eucharist Rite I) How do we present our bodies to God? We will talk about physical expressions of worship in general and explore the use of interpretive dance to expand our experience in worship. You will leave this workshop with a loosely choreographed worship song. Wear comfortable clothing to bend and stretch in. We will dance barefoot or wear lightweight, "slidey" shoes / dance shoes.

Mantle of Peace: Prayer Shawl Knitting - Amanda Peters, *Holy Trinity Parishioner*: Prayer shawl knitting is a worldwide, ecumenical ministry of people gathering to pray and knit for those in any kind of need. Prayer shawls are an expression of love and concern from the knitter and also of the loving care of God who works through them. Even if you have never knit one stitch or if you are a lifelong knitter, come immerse yourself in this contemplative discipline and learn a new way to pray! This peaceful ministry will help you be still and know God. Please bring \$5 for supplies. If you have your own needles you are encouraged to bring them.

Walk by Faith, Be Fit to Serve - The Rev. Pamela Easterday, *Co-Rector at Holy Trinity*: Just like the old saying, "An apple a day keeps the doctor away," walking has very similar benefits. Add in a component of prayer and contemplation and you will not only strengthen your body but your spirit as well. Physical benefits of regular walking include: improved mood, gets your creative juices flowing, cut your risk of chronic disease, strengthen your bones and muscles, to name a few. When we take time to keep our bodies and minds fit, we can find ourselves more ready to serve God where we are called. Please wear good walking shoes and comfortable clothes.

Sampling Prayer: Guides to Being Still and Knowing God - Patricia Oetting RN: There is no "one size fits all" way to pray. Join Patricia as she offers meditations on ways to "try on" prayer, to absorb Jesus, and to make room for the Lord's presence. This workshop will include time to explore prayer on your own and to be still and know God.



Registration
deadline:
March 4
Space is limited,
don't delay!



Questions?

Call Holy Trinity Church at 321-723-5272.

Registration

Registration deadline is March 4

Registration Options:

• Online at:

www.HolyTrinityMelbourne.org

• By mail: Complete both sides of this form and send with payment to address below.

Name _____

Address _____

Phone _____

E-mail _____

Cost, which includes meals (circle one):

Single: \$200 Double*: \$170

Commuter Rate (Friday - Sunday): \$95

*Specify Roommate _____
(if none specified, one will be assigned)

Payment options (check one):

_____ **Check:** Make check payable to Holy Trinity Church and send to:

Holy Trinity Church

Attn: Women's Retreat
1830 S. Babcock Street
Melbourne, Florida 32901

_____ **Online:** To pay with a credit card or e-check, register online at:

www.HolyTrinityMelbourne.org

Note: When paying online by credit card or e-check, you'll see a checkbox asking if you'd like to donate 3% of your final bill to help defray the church's cost to offer you this convenience. This option is voluntary, but it is encouraged.

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Registrations are NOT refundable, but are transferable.