

Workshops Available

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

Morning Choices

- Pasta Making
- Wine Making
- Mantle of Peace: Prayer Shawl Knitting
- Lakeside Prayer Walk
- FREE TIME

1st Choice: _____

2nd Choice: _____

Afternoon Choices

- Pasta Making
- Wine Making
- Yoga
- 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

Nikki Peters



Nikki Peters is a guitarist, vocalist, and violinist in the Winter Springs area. Originally from upstate New York, Nikki was raised in a musical family where she began playing violin at age seven. Nikki got her first guitar at 14 and immediately started up a rock band with her sister, cousin, and best friend. This band went on to win two Battle of the Bands competitions and record two albums.

Currently, Nikki plays regularly for ACTS of Hope, an organization through St. Luke's Lutheran Church that supports local families during difficult times. She currently serves St. Luke's Lutheran, Oviedo as their Assistant to Worship and Music Arts.

The Women's Retreat

The LORD your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing. (Zephaniah 3:17)

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 Women's Retreat

Feb 28 - Mar 1, 2020



Canterbury Retreat & Conference Center, Oviedo, Florida

FEATURED SPEAKER:

Nikki Peters

Assistant Director of Worship and Music Arts at St. Luke's Lutheran Church, Oviedo

Registration will begin on January 12

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GOD with YOU

God is present with each of us throughout the seasons of our lives. Take a moment to stop and think about what season you find yourself in today. God is with you and delights in you even when you do not feel worthy of his delight.

During our time together we will explore how his power, delight, love and rejoicing can transform every season into God's hope for each of us.

Along with the workshops, there will be times of fellowship and worship with music.

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

Pasta Making - *Cindy Pegion, Holy Trinity Parishioner:* Believe it or not, cooking can be a great way to slow down, quiet our minds, and listen to God. If you've ever wanted to learn to make pasta from an Italian grandma—this is not that class! But you can learn from an American wife and mom who loves cooking! All materials provided.

Wine Making - *Janet Gray, Holy Trinity Parishioner:* Can there be a spiritual draw to making wine? Jesus' first miracle was at the wedding of Cana when he turned water into wine. Easy right? Turns out there's a bit more to it but it is enjoyable! In this workshop Janet Gray, who first started making wine after her daughter, Dorey, bought her a kit in 2012, will share how she sees God in this hobby. Do you see God working in this process of winemaking? As there is a transformation of the ingredients is there also a transformation of our relationship with God? Participants will learn what is involved in the process, have a wine-tasting segment and perhaps bottle some wine.

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.

Lakeside Prayer Walk - *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.

Gentle Yoga - *Peggy Snead, Holy Trinity Parishioner:* This program is perfect for all levels using traditional postures and breathing exercises. One must be able to move from floor to standing without assistance. Wear loose comfortable clothing, bring water and a towel. A few mats are available, bring your own if you wish.



Share your weekend photos on social media with our hashtag #ht2020wr



Questions?

Call Holy Trinity Church at 321-723-5272.

Registration

Registration deadline is February 17

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

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Registrations are NOT refundable, but are transferable.