

Agenda

February 20, 2009

- 7:00 Car pools leave St. James
- 8:30-9:00 Gather, logistics for the day
- 9:00-3:30 Retreat session — Tammy Koenecke
- 3:30 Inspiration Stretch — Diane Fronck
- 5:00 Social Time and dinner
- 6:45 Vespers and hymn sing — Paulette Spoon
- 7:30 Games, fellowship, socializing

February 21

- 7:00 Gather for outdoor walk
- 8:00 Meditation Yoga — Judy Dettwiler
- 9:00 Worship and sending



The offering taken at our morning worship will be given to the St James sponsored refugee family—the Thapa Family from Nepal.

Scholarships for this event are available. Please contact one of the pastors for information.

A special thanks to Saint James WELCA and Saint James Congregation for support of this activity.

Additional thanks to Paulette Spoon, Diane Fronck and Judy Dettwiler for their leadership.

Renewing your spiritual health



Reflection
Exploration
Discussion
Fellowship
Music

An opportunity for all Saint James women

**Lake Lawn Resort
Delavan, WI
February 20-21, 2010**

**Registration Form
St James Women's Retreat
February 20-21, 2010
Lake Lawn Resort, Delavan, WI**

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

Check enclosed amount: \$ _____

Registration and accommodation options are per person including four meals and all retreat expenses.

_____ Single room (one king bed) —\$165

_____ Double room (two queen beds) —\$120

_____ Loft room for four (four beds) — \$95

<http://www.lakelawnresort.com/AccommodationsLodgeLofts.aspx>

Make checks payable to Saint James WELCA.

Please indicate roommate choices here:

1) _____ 2) _____

3) _____

_____ I would be interested in carpooling.

_____ I would be willing to be a carpool driver.

_____ Please send me information regarding the Friday night arrival option.

Return this form to the Welcome Center or mail to:

Saint James Lutheran Church
Attn: Women's Retreat
427 South Main Street
Verona, WI 53593

Refreshing Your Spirit

The stillness of winter is a perfect time for Refreshing Your Spirit. When the weather is cold and blustery there is a natural process of slowing down which provides an opportunity look more deeply at our spiritual health. This retreat will provide opportunities for you to refresh your spirit through activities designed to stimulate reflection, exploration and discussion. Be sure to pack some warm clothes just in case winter draws you outside for a breath of crisp air. It is true that nature has much to say about one's spiritual well being and it is likely we will give it an opportunity to speak. Join us for a retreat filled with conversation, laughter, reflection, and music.

About our leader — Tammy Koenecke, RN, BSN, MASL, is currently the Spiritual Care Coordinator at Reedsburg Area Medical Center (RAMC) in Reedsburg, WI. She began her nursing career more than 20 years ago gaining experience in many areas of nursing. After more than 9 years as Parish Nurse Coordinator for RAMC, working with five congregations in the community, she is following God's call to be present once again working with patients bedside, and with families and staff at end of life and in crisis. With her Master of Arts Degree in Servant Leadership, she is embracing this opportunity to assist others as they journey through life. Her husband, of 32 years, their two sons, two daughters-in-law and four grandchildren support her and provide her with great joy and sense of purpose. She embraces opportunities for growth and encourages growth in others.

Lake Lawn Resort
<http://www.lakelawnresort.com>

Participants are offered a variety of sleeping accommodations including a private room, a double room with two queen beds or a very spacious loft room with four beds and two bathrooms.

Prices include four meals, retreat leadership and other incidental expenses:

Single room—\$165

Double room—\$120

Loft room — \$95

If you are interested in viewing lodging options, please see the St. James website or check the "Women's Retreat" folder at the Welcome Center.

You do have the option at arriving and staying at Lake Lawn on Friday evening. This option will be at the participants own expense. Please indicate your interest in this option on the registration form and information will be sent to you.

Once your registration has been received, you will be sent further information including directions to Lake Lawn, items we'd like you to bring, and information about carpooling.

Registrations are due Sunday, February 7.