



# Refill the Well

## One-Day Lenten Retreat

As busy women in today's complex world, we are often bogged down by multiple demands on our limited reserves. Too many people and too many tasks are drawing from our well. Though we try mightily to meet the demands and supply all the needs, we eventually feel drained – physically, emotionally and spiritually. There is not much left to give. How do we restore our dry bones?

Discover inspirational strategies to "Refill the Well." Join your sisters in faith for a day of fun and fellowship at a One-Day Lenten Retreat.

Karen Birkedal and Donna Prunkl are co-writers of this refreshing retreat. You may have met Karen at the 2009 SWO Annual Gathering, where she was distributing copies of her book, *Grand Memory Wave*. Donna retired last year as the NC Synod Communications Coordinator. Both are members of the NC SWO Mission Growth Committee.

### One-Day Lenten Retreat

Saturday, February 27, 2010

9:30 a.m. until 3:30 p.m.

Registration & Refreshments begin at 9:00 a.m.

Cost: \$8 (includes materials, snacks and lunch)

Registration deadline: Feb. 12

### RETREAT LOCATIONS

CITY	HOST CONGREGATION	LEADER
Atlantic Beach	Shepherd of the Sea	Melissa Jernigan
China Grove	Mt. Moriah	Donna Prunkl
Durham	St. Paul	Judy Arthofer
Hendersonville	Grace	Rhoda Hargrave
Hickory	Mt. Olive	Karen Birkedal
Lincolnton	Salem	Marguerite Taylor
Lumberton	St. Mark	Tonie Neal
Monroe	St. Lukes	Sharon Johnson
Mooresville	St. Mark	Shelly Johnston
Winston-Salem	Augsburg	Melanie Denny

You may attend any location convenient to you. Look for addresses/phone of churches online at:

[www.nclutheran.org](http://www.nclutheran.org) . Click on *Directories* and then *Congregations*.

Send \$8 check, made to **NC SWO**, along with registration form to: Marie Piusila (Ph: 704-283-7525)

Registration Deadline: February 12, 2010

2503 Rainbrook Drive

Monroe, NC 28112-8047

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### ONE-DAY LENTEN RETREAT REGISTRATION FORM

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Your Congregation/City \_\_\_\_\_

Retreat Site Attending \_\_\_\_\_