

Spring Retreat Registration Form

Registration Deadline: February 28, 2020

This retreat is always a sellout so register early!

See inside for registration fees.

Make checks payable to NCSWO and mail to:

Karen Overcash

2212 Woodlawn St.

Kannapolis, NC 28083

Email: karenfo1953@gmail.com Phone: 704-938-4934 (H)/704-431-9994 (C)

Name _____

Phone _____

Address _____

City _____ Zip _____

E-mail _____

Congregation/City _____

Roommate _____

Each participant will be emailed a health form to complete and bring.

Commuter Attending Young Woman Program

Young Woman: High School Requesting Leadership Legacy

Young Woman: Age 23-30 Requesting YWG Scholarship

Each participant who registers by the deadline will receive a confirmation email with directions and information on what to bring.

NC Women of the ELCA Spring Retreat 2020



**Kure Beach Retreat Center
Kure Beach, NC**

presents

Spirituality And the Arts

Date:

03/13/20 – 03/15/20

Spirituality & the Arts

What is Spirituality and the Arts?

Art can be used easily as a spiritual practice. It is a form of prayer practice that utilizes creative play with art materials while you listen for and to God.

In the beginning, God created. He is the artist from whence we came. We were made in the image of God, our intuitive creations connect us to divine inspiration. These sometimes silent meditation or boisterous musical sessions include a few guided questions designed to stimulate thought about your art and also allows time for the spirit to emerge and reveal what our minds are usually too cluttered to reveal.

You need no previous art skills or experience. All that is asked is that you are willing to try a different kind of prayer. Our event is for all women and high school aged children. We will be using art, music, poetry, drama, etc, along with silence for completing our prayer and reflection. We welcome any involve multiple art techniques such as mandala, collage, watercolor, paint, etc to share with others or to be displayed at the retreat center. We also encourage walking along the beach alone with God, enjoying his creations, and speaking to him as a friend as a way to meditate and pray during our retreat.



At this retreat, we will also share good food, fellowship and fun! **REGISTER EARLY!** Space for this popular event is limited and always fills before the deadline. **Deadline February 28, 2020.**



Full Retreat Registration: \$110.00

Includes overnight accommodations for two nights, four meals, snacks, and materials.

Commuter Registration: \$55.00

(Commuter defined as living within 40 miles of the Retreat Center and not needing accommodations). The fee includes three meals and materials.

Meals

The meals for all include: one dinner, two breakfasts, and one lunch beginning with dinner Friday evening. Everyone will go out for dinner on Saturday night, so bring money to cover this. Plus, you are welcome to bring any snacks for you or to share with others over the weekend.

YOUNG WOMEN

Young women are encouraged to attend this retreat. Those age high school-22 will attend the retreat program and activities, but will stay separately in a nearby guest house.

Scholarships

Limited Leadership Legacy Scholarship

Available for young women (high school-22). High school girls must stay with the group and participate in the entire program with the group. They must also have an adult responsible for them attending the retreat. The form is available on the NC Women of the ELCA website. Limited to one time use.

Limited Young Women Guests Scholarship

Available for Young Women Guests (YWG) age 23-30. The form is available on the NC Women of the ELCA website. Limited to one time use.