



Welcome to the Montclair Presbyterian Church
Spring Women's Retreat

Yesterday's Journey, Tomorrow's Path: Whose Footprints ARE Those in the Sand?

Saturday, March 12, 2016

Lafayette-Orinda Presbyterian Church

49 Knox Drive, Lafayette, CA 94549 ♦ Oak Room

9:00 – 9:30 a.m. Bagels, muffins, fruit, coffee, and tea

9:30 a.m. – 4:00 p.m. Retreat (including lunch)

The retreat will feature **Dolores Nice-Siegenthaler**, who has a Master of Divinity degree from the San Francisco Theological Seminary with an emphasis on Spiritual Direction. Dolores and retreat co-chairs will guide us through a day of sharing our lives through singing, life mapping, reflecting, labyrinth walking, sacred listening and conversing, and being nourished body and soul.

A **Life Map** is a graphic representation of your journey through life that marks events – including the dangers, toils and snares – that have been significant in your becoming who you are. You need only be as transparent and vulnerable as you feel comfortable being. There is no right or wrong way to do a life map.

We will learn from Dolores about the discipline of **Spiritual Direction**. As a conversation about life in the light of faith, it involves practices people sometimes do informally without training. In the afternoon, we will take time to practice sacred listening and conversing in an intentional way.

There are two **labyrinths** on the LOPC campus. One is embedded in the plaza in front of the sanctuary. The other, located a short walk behind the sanctuary, is earthen and offers a natural spirit path.

Cost: \$40 includes morning snacks and beverages and a tasty lunch. Please specify any dietary restrictions on the registration form. Scholarships are available – no questions asked.



Parking: Good news! Parking is free. We will encourage carpooling for camaraderie and earth care purposes.

Register on Sundays through February or contact Women's Retreat co-chairs Eloise Gilland (eloisegilland@gmail.com), Jean Gregory (jeancgreg@gmail.com), or Melinda Maxwell-Smith (melinda.maxwellsmith@gmail.com).