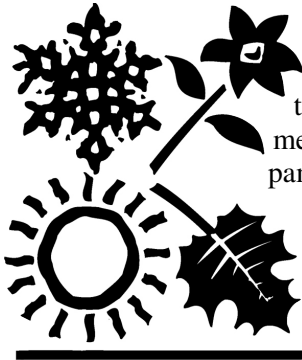


The Diocese of South Dakota presents
Growing Through the Seasons of Life
A Women's Retreat at TEC

July 11-13, 2008



Why are we important?

In our busy lives, we find ourselves giving away more than we get. We seem to get caught up in caring for children, or aging parents, or large homes. Not to mention the demands of our jobs and careers. Usually we are the last to get pampered and massaged. Well, if this is true of you, this retreat is just for you!

Set at TEC, God's special space in the Black Hills of South Dakota, you will enjoy pampering and renewal as never before.

- Listen to God's comforting Words for you.
- Stop the world and recapture the silence of a conversation with your Creator.
- Surround yourself with the beauty and sounds of Peace and Grace.

Learn a new way to accept yourself as you are and become the person God intends for you to be.

Agenda

- Includes worship, meditations, and special retreat offerings
- Starts at 3:00 pm on Friday and concludes after lunch on Sunday.
- Extra activities are designed to let you find the special way you want to listen, stop, surround and learn. Offerings include:

- Silent Walks (we will give you tips)
- Massage
- YOGA classes
- Meditation
- Discussion groups
- One-on-One with a retreat leader
- Nap
- Crafts (bring the items you will need)
- Nature vs Nurture discussion
- Discernment of Gifts
- Seeking the Holy Spirit discussion
- Prayer
- Music
- and a Chocolate buffet!!!!

You won't want to miss this three-day retreat. God is inviting you and calling your name. Come and See!

Cost: \$75

***Send fee with your name, contact information, and any special needs to the Diocesan Office.



About Your Leaders:

The Rev. Evelyn Weaver, St. James, Belle Fourche

The Rev. Sandy Weaver, St. James, Belle Fourche

Mary Potter, Calvary Cathedral, marseuse

Together these four facilitators will lead you through a journey of relaxation, refreshment and fun. It is their hope that you will take away from the retreat the renewed feeling of joy, passion and energy.