



Women of the ELCA



Saturday Retreat, September 24, 2022

Our Savior's Lutheran Church – 550 Lincoln Drive, Sun Prairie, WI 53590
8:30 am Registration, 9:30 am Program, ending at 3:30 pm

“Rise Up – Overcoming Life's Obstacles”

Tricia Clason & Ginger Shomberg

Romans 8:28 “And we know that in all things God works for the good of those who love him, who have been called according to his purpose.” (NIV)

Afternoon Workshop at 12:55 pm, choose one of these –

- Connecting with Jesus
- Engaging with the news and government as people of faith
- Qigong as Self-Care for Mind, Body, and Spirit
- Caring for God's Creation - Solving the Climate Crisis
- Service Project – Days for Girls

Afternoon Workshop at 1:55 pm, choose one of these –

- Paper Quilt Cards to Show You Care (craft)
- Engaging with the news and government as people of faith
- Qigong as Self-Care for Mind, Body, and Spirit
- Caring for God's Creation - Solving the Climate Crisis
- Service Project – Days for Girls

Renewal Service at 3:00 pm

Help spread the word - Use the ½ sheet bulletin insert

Want to help with the Retreat? Sign up at <https://www.signupgenius.com/go/10C084BADAB29AB9-women>

Return your registration and payment, postmarked by September 8 to:

Helen Sheahan, 1106 Valley Stream Drive, Madison, WI 53711

Make Checks payable to WELCA or Women of the ELCA

We can not accommodate Child Care or Special Dietary Needs on late Registrations

If email is provided, your registration will be acknowledged.

Questions: 608-692-7553 or sheahan1@sbcglobal.net

By registering for this event, you give Women of the ELCA permission to use your image (picture) & comments in educational, informational, and promotional materials in a variety of media, including electronic media.

Registration Form

(please postmark by Sept. 8)



South Central Wisconsin Synodical Women's Organization

"Rise Up – Overcoming Life's Obstacles" Saturday Retreat, September 24, 2022

Our Savior's Lutheran Church – 550 Lincoln Drive, Sun Prairie, WI 53590

Invite and Bring a friend, neighbor, daughter, and granddaughter.

Please complete a registration form for each person attending all or part of a day

Name _____ Name for Nametag _____ Phone _____

Street _____ Email _____

City _____ State _____ Zip Code _____

Church _____ City _____ State _____

Any Special Needs? _____ Spanish Translation or Sign Language Needed? _____

Is free child care needed? _____ If so, more information will be requested.

REGISTRATION OPTIONS

___ \$35 All day, includes lunch (8:30 am Registration, 9:30 am Program, ending at 3:30 pm)

___ \$20 Teen ager and < 26 years old discount – All day

___ \$15 Half day without lunch

___ \$25 Half day with Lunch

___ Morning – 8:30 am to 12:00 noon

___ Afternoon – 12:55 to 3:30 pm

___ \$10 via Zoom – morning program & Connecting with Jesus & Renewal Service (your email is required)

Please bring in-kind gifts or a monetary gift for Days for Girls. See Workshop description.

Box lunch-sandwich choices -- ___ Beef/Colby Jack; ___ Smoked Turkey/Swiss; ___ Chicken Salad Sandwich;

___ Gluten Free Sandwich (Choose a meat from above) (Sandwiches are on whole wheat bread)

Salad choices --

___ Caesar Chicken Salad; ___ Berry Chicken Salad (Nuts-separate packaging); ___ Garden Salad(Vegetarian);

___ Spinach Veggie Wrap

Afternoon Workshops: Mind – Body – Spirit -- Please circle 1 workshop for each time period.

12:55 pm • Connecting with Jesus

• Qigong as Self-Care

• Service Project – Days for Girls

• Engaging with the news and government as people of faith

• Caring for God's Creation - Solving the Climate Crisis

1:55 pm • Paper Quilt Cards to Show You Care (craft)

• Qigong as Self-Care

• Service Project – Days for Girls

• Engaging with the news and govt as people of faith

• Caring for God's Creation - Solving the Climate Crisis

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