

The Connecticut Fellowship's

WOMEN'S RETREAT – 2011

“Finding Sacred Places in Your Life”

I will start by saying there is no way to describe what is experienced at a weekend Women's Retreat. Some of you may think we get together and have fun chat sessions, walk the beaches of Fishers Island, do jigsaw puzzles, sing and play games! We do have lots of fun, however, most of our time is spent in directed, mindful ways to grow our personal spiritual lives. It is a time to discover, learn and share.

There were 17 attendees plus two leaders for the retreat. Our weekend began with foggy ferry rides to the island and warm welcomes with introductions. Included in our time together were a number of spiritual Bible lessons by our Leader Rev. Dr. Karen Roy of Grace Congregational Church in Farmington and coordinated activities led by Karen Reich such as a directed silent journey, journal writing, bringing out your inner spirit through art, and walking a labyrinth. Our Sunday morning included an intimate worship and communion time. All this led to contemplative growth in our personal walk with the Lord. Fabulous food was prepared by Anna Gobar and her assistant Ashley Barry. Weekenders had plenty of time for morning walks and exploring the beaches.

Assessing from the feedback from the women who attended, this was an enriching, refreshing retreat that all are looking forward to repeating in the future!

Karen Reich, Chair, CT Fellowship Women

