

“Listening for God – Walking with Jesus”

Synod-wide Women’s Fall Retreat on September 22, 2018

At New Life Lutheran Church, 7564 Cottage Grove Road, Madison, WI

We spend a lifetime listening to all of the messages around us. Messages from our culture, our families, and our employers can overwhelm us. How much time do we spend listening for God? Please join us and find renewal in this day-long retreat dedicated to listening for the voice of the Holy One in our lives. Explore what might be when we walk through life with that Voice as the core of all we are and all we do.



Carla Stanton is a certified spiritual director. She completed her training at the Franciscan Spirituality Center in La Crosse WI. Her practice includes seeing people for 1:1 spiritual direction, group direction and retreat ministries. Besides listening for the work of the Holy in people’s lives, her passions include spending time outdoors, traveling, leading parenting groups, and hanging out with her family! She lives with her husband of 17 years and their 3 children in Onalaska, WI.

Come spend the day with your sisters in Christ.

This retreat is intended for women of all ages and stage of life.

Free Childcare provided

Registration starts at 8:30 am, Program starts at 9:30, Closing at 3:30 pm

New Life Lutheran Church is in a beautiful country setting just outside Madison. Outside there are a prayer labyrinth, a stone prayer garden with a large cross, trails with pergolas, and picnic tables. It is handicap accessible.

Workshops

Prayer Practices and Creative Expression - In this workshop on prayer, we will move beyond words and language and into image and color. Creativity can be a doorway into a new experience of God. In the workshop, we will learn about and experience two prayer practices: praying with color, and visio divina. No art experience is necessary, and all supplies will be provided.

Deacon Judy Nolde is a chaplain, spiritual director, and retreat leader. She is the chaplain at Triangle Community Ministry. She is also a Benedictine Oblate with Holy Wisdom Monastery.

Worshipping through Dance & Movement – In this workshop on dance and movement, we will look at places in scripture where people worshiped through dance and descriptions of movement as forms of worship. We will worship with creative movements, such as banner waving, clapping, raising hands, bowing down, kneeling, shouting, leaping for those who are able, etc... We will sing and explore individual movement as a worship form.

Sharon Hatch is a piano teacher, Kindermusik educator (music and movement program for young children), and has been a church musician since age 13. Currently she is blessed to be ministering at Dekorra Lutheran Church in Poynette. She also served as a long-term and short-term missionary in the Philippines, India, Haiti, and Estonia.

Walking, Strength, and Balance Activities for Health - Jesus' main mode of transportation was walking. In this workshop we will highlight trends in walking from Jesus' time to present, discuss benefits of walking including social and mental aspects, provide tips for starting a walking, strength and balance program and share strategies for preventing injury. Strength and balance activities will be included. We may go on a brief walk for those interested.

Jean Einerson has a graduate degree in Clinical Exercise Physiology was manager of the UW Hospital Preventive Cardiology department for 26 years. She is retired and enjoys coordinating a food pantry garden for her church, golfing, biking, tap dancing, playing the violin, and supporting Badger sports.

Ann Ward has a Ph.D. in exercise physiology and served on the faculty at the University of Massachusetts Medical School and the University of Wisconsin. Ann has research experience in exercise prescription and the role of physical activity in improving health. Ann is retired and coordinates a food pantry garden at her church with Jean. She enjoys running, biking, golfing, and sports spectating.