



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.