

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

Return your registration and payment to: **Helen Sheahan, 1106 Valley Stream Drive, Madison, WI 53711**

Make Checks payable to WELCA or Women of the ELCA