



Journey to the Center: Women Exploring Spirituality & Building Community

KCC Women's Retreat

**Friday, Nov. 7th through Sun., Nov. 9th
Canonicus Retreat Center, Exeter, RI**

***New* Cost is now \$100.00**

(Limited to 20 participants)

Includes All Lodging,

Plus Breakfast Sat. through Lunch Sun.

Approximate Outline of the Program:

Friday: Welcome & Orientation

Community Building

Opening Worship

Introduction to Journaling

Optional Bed Time Story

Saturday: Morning Yoga (optional)

Breakfast

Gathering Worship

Validating Women's Experiences of Spirituality

Break

Validating Women's Experiences of Spirituality, cont'd

Lunch

Being Time

Invitation to consider what is holy

Project-Zen Bowls

Dinner

The Feminine Face of God: How Women Know the Sacred

Being Time

Optional Bed Time Story

Sunday: Morning Yoga (optional)

Breakfast

Short Devotion

Spiritual Practice

Break

Worship/Communion with hand chimes and chanting

Lunch

Departure