

2012 Saint James Women's Retreat

***Spiritual Healing in the
Hands of God***



**The Lowell Center
UW Madison Campus
February 11-12, 2012**

\$25 deposit due **January 15, 2012**.
Balance due upon arrival at event.
Register early—bring a friend

Agenda

February 11, 2012

- 7:30 Car pools leave St. James
- 8:15-9:00 Gather, logistics for the day
- 9-12:00 Retreat session — Tammy Koenecke
- 12:00-1:00 Lunch
- 1:00-3:00 Retreat session — Tammy Koenecke
- 3:00 Room Checkin
- 3:30 Your choice—Water exercise with Diane Fronek or
Yoga with Kate Pederson
- 5:00 Social Time
- 6:00 Vespers and hymn sing — Paulette Spoon
- 7:00 Dinner
- 8-11:00 Games, fellowship, socializing

February 12, 2012

- 7:00 Your choice—outdoor walk or prayer and movement
meditation with Tammy Koenecke
- 8:00 Breakfast
- 9:00 Travel to Bethel Lutheran Church for 9:15 Worship
- 11:00 Back to Lowell for checkout
- 11:30 Optional Chazen Museum Visit

Scholarships for this event are available. Please contact one of the pastors for information.

A special thanks to Saint James WELCA and Saint James Congregation for support of this activity.

Additional thanks to Paulette Spoon, Diane Fronek and Kate Pederson for their leadership.

Spiritual Healing in the Hands of God

Come and explore what it means to be held in the Palm of God's Hand during times of joy and sorrow. We will take a deeper look at ways in which we can stay connected to God's guidance in the midst of society's obsession with being connected to technology. We will step back and imagine ourselves through the loving eyes of God and discover the tender ways in which he holds us closely as we journey through this life. The day will be filled with activity, reflection, interaction and movement. You will not want to miss this opportunity in the middle of winter to warm your heart with Spiritual Healing in the Hands of God.

Our Leader—Tammy Koenecke

Tammy returns as our leader this year after having joined us in 2009. She has been in nursing for 23 years and has a Bachelor's Degree in Nursing and a Master of Arts in Servant Leadership from Viterbo University, La Crosse, WI. After working 10 years as Parish Nurse Coordinator, Tammy currently has the privilege to work at Reedsburg Area Medical Center in the field of Spiritual Health as the Spiritual Care Coordinator. She facilitates retreats for staff, parish nurses in the area and women in the community. She has a passion for end-of-life care and support of the bereaved. She lives her life led by the Lord and encourages others to do the same. Tammy describes herself as being blessed with a wonderful husband, 2 children, 2 daughters-in-law, and 4 grandchildren. She resides in Reedsburg, WI.

Additional aspects of the weekend

Afternoon Exercise — at 3:30 we will gather for an exercise session. You will have a choice between warm water exercise with Diane Fronek or Yoga with Kate Pederson.

Vespers and hymn sing—led by Paulette Spoon and Tammy Koenecke. Back by popular demand we will again spend time together singing our favorite hymns. In response to last year's evaluations we have extended this time to allow singing more verses of our favorites.

Sunday morning walk—The Lowell Center is located along the lake path of the UW Madison Campus. Weather permitting, those who choose this option will walk the lake path past the Memorial Union and then continue down the more secluded areas of the path along Lake Mendota.

Sunday morning meditation—gather with Tammy for a time for prayer and movement meditation.

Sunday morning worship this year will be at Bethel Lutheran Church. The 9:15 service is traditional worship featuring their 70 member choir.

Chazen Museum visit—participants will have the option to stay on the campus a few hours longer and visit the newly renovated and expanded Chazen Museum of Art. The Museum opens at 11 am on Sunday mornings and features a live chamber concert starting at 12:30. We will try to organize car pools to coordinate for those who wish to stay for this option.

Lowell Center—UW Madison Campus

Participants are offered two choices for sleeping accommodations: a private room or a double room with two queen beds. You have the option of arriving and staying at the Lowell Center on Friday evening. Please indicate your interest in this option on the registration form and information will be sent to you on how to reserve a Friday night stay.

Once your registration and deposit has been received, expect to receive information including directions to the Lowell Center, your balance due, items we'd like you to bring and information about carpooling.

**Registration Form
St James Women's Retreat
February 11-12, 2012
Lowell Center, Madison, WI**

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

Deposit required: \$25

My favorite hymn: _____

Registration and accommodation options are per person including four meals and all retreat expenses. Your \$25 deposit will be deducted from the cost list below

_____ Single room (one king bed) —\$175 (\$150 due at arrival)

_____ Double room (two queen beds) —\$125 (\$100 due at arrival)

_____ Saturday only option—includes breakfast, lunch,
Retreat session ending at 3 pm—\$50 (\$25 due at arrival)

Make checks payable to Saint James WELCA.

Please indicate roommate choice here:

1) _____

_____ I would be interested in carpooling.

_____ I would be willing to be a carpool driver.

_____ Please send me information regarding the Friday night arrival option.

_____ I'm interested in the Chazen Art Museum Option

Return this form to the Welcome Center or mail to:

Saint James Lutheran Church
Attn: Women's Retreat
427 South Main Street
Verona, WI 53593