

# WELCOME TO THE 2017 AUTUMN RETREAT WEEKEND SCHEDULE

## FRIDAY, AUGUST 25<sup>th</sup>

**4:00 pm to 6:30 pm – Registration begins at Farmhouse**

**6:30 pm to 7:30 pm – Dinner** – provided by Brigid Sisters

**7:30 pm onward – Social Time** – Meet & Greet; Reiki by Mary S; Tarot Cards

## SATURDAY, AUGUST 26<sup>th</sup>

**7:30 am to 8:45 am – Breakfast** – Provided by Brigid Sisters

**8:00 am to 8:30 am – Registration** – For those arriving Saturday

**9:00 am to Noon – Welcome** – led by Brigid Sisters

Group Introduction and Group Prayer – Sharing of Intention of Retreat

**Meditation** – led by Mary Schwartz

**Warrior Goddess Ritual** – led by Beth Guida and Brigid Sisters

**11:00 am to Noon – Craft Time** – led by Katie Helmkin

Come and enjoy creating your Warrior Goddess Arrow symbolizing you as Warrior; Protector; and Guardian

(With breaks as needed throughout the morning)

***OR Free to Walk the Land, Read, Reflect, Vision Board, etc.***

**Noon to 1:00 pm – Lunch** – provided by Kirkridge

**1:00 pm to 2:00 pm – Rewrite Your Story** – led by Karen Hoskins

A writing exercise where you can change a disempowering event in your life!

**2:00 pm – 2:30 pm – Break**

**2:30 pm – 4:30 pm – Sing Your Warrior Song with Kellianna**

A vocal workshop to help you discover your very own "Warrior Song".

She rests inside of you, always ready when you need her. She is courage, power, passion and protector. Using the vocal practice of Spirit Song, Kellianna will guide you on a journey of release and personal discovery as we delve deep down inside of ourselves, to honor those things that have helped us to become the Warrior Women that we are today, strong loving and resilient. We delve deep down inside and we claim her. And then we give her voice. And then we sing her song. She, that Warrior inside each of us, will break out with a song of undeniable power and individuality. Be it a battle cry or lullaby, we will sing our Warrior Song.

*Or Free to Walk the Land, Read, Reflect, Vision Board, etc.*

**4:30 pm – 5:00 pm – Journal and Reflection Time**

**5:00 pm – 6:30 pm – Dinner\*\*** - provided by Kirkridge

**\*\*RAFFLE will be held during dinner time with some exciting gifts!!**

**7:00 pm – Fire Ceremony** – led by Brigid Sisters

We will burn mock arrows symbolizing our 'letting go' of what is no longer needed as further affirmation of 'honoring our Warrior Goddess Within'.

**8:30 pm – Drumming & Chanting Session** – led by Brigid Sisters and Kellianna  
Let's drum, sing and play together! Bring your own instrument from home for our group *Jam Session*.

*OR Free to Walk the Land, Read, Reflect, Vision Board, etc.*

### **SUNDAY, AUGUST 27<sup>th</sup>**

**8:00 am to 10:30 am – Breakfast** – Provided by Kirkridge

**8:00 am to 9:30 am – Yoga/Writing – Betsy Jackson, Facilitator**

Join Betsy for this mix of gentle yoga and writing and find out how this healing blend of movement and writing opens us to the voices within.

*OR Free to Walk the Land, Read, Reflect, Vision Board, etc.*

**11:00 am to 1:00 pm – Closing of the Retreat – 'Rites Of Passage'**

Led by Anna Marie Llamas and Brigid Sisters  
Ceremony honoring the Goddess within each of us.

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#### **- GUIDELINES –**

*No smoking in Kirkridge facilities – on grounds ONLY. Alcohol is allowed but do so in moderation – none in Farmhouse Meeting Room. For those late-nighters, please be mindful of others that are sleeping and keep noise to a minimum. It is our goal to provide a safe and sacred space to gather and simply "BE" which is being thoughtful of others as well as of the resources; ie water, heat and electricity.*

*Thank You.*

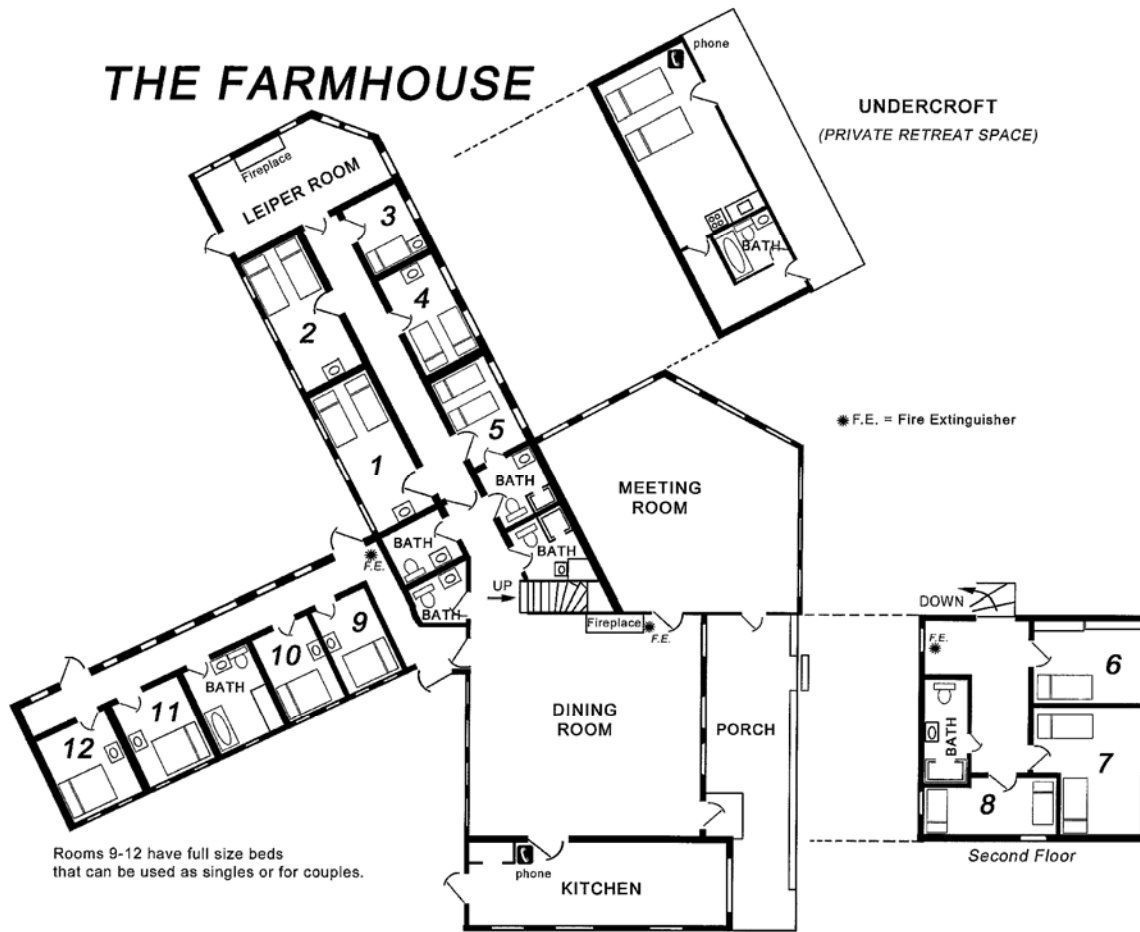
~ Meal Information ~

Those lodging Friday night will be provided Breakfast Saturday morning. Coffee and tea will be provided throughout the weekend. If you have a favorite beverage feel free to bring it along as well as BYOB.

Although meals are provided, any who PREFER VEGETARIAN please bring your favorite dish and snacks.

Lunch and Dinner Saturday and Breakfast Sunday will be provided by Kirkridge and is included in the registration fee.

*\*There is a kitchen available for our use, should you wish to prepare or heat something at the Farmhouse.*



# Columcille Women's Autumn Retreat Weekend

## August 25<sup>th</sup> thru August 27<sup>th</sup>

### Registration:

(Must be received by August 22<sup>nd</sup>)

Please check the appropriate description for the weekend of your choice. Then to pay by Credit Card send an email to [beth@rainbowofpromise.com](mailto:beth@rainbowofpromise.com); OR send this sheet along with your check (paid in full) made out to: Beth Guida, 512 Old Willow Ave, Honesdale, PA 18431 by August 22<sup>nd</sup>. WE DO HAVE LIMITED PARTIAL SCHOLARSHIPS; inquire via email above for details.

*Please Note: If you pay in full and have a change of plans, there is a non-refundable \$50.00 deposit on all overnight reservations and a non-refundable \$25.00 deposit for commuter reservations. Also: There are only 18 beds available at the Farmhouse and they will be filled on a first-reserve basis.*

(This is a fillable form. Add your information and print as usual OR choose Save and return by email for credit card payment.)

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone Number \_\_\_\_\_ Email \_\_\_\_\_

(Please check **ONE**)

I would like to participate in the entire weekend retreat. I am enclosing \$275.00, which covers my lodging (Friday and Saturday), retreat, meals, and the workshops.

I would like to participate in the entire weekend retreat including lodging, retreat, and meals, but opt out of all workshops and simply enjoy my personal time on the mountain during the workshop time. I am enclosing \$235.00.

I would like to participate in the overnight weekend retreat for Saturday ONLY which covers my lodging, retreat, meals and the workshops. I am enclosing \$165.00.

I would like to participate in the retreat as a commuter for Friday through Sunday with NO OVERNIGHT STAY, meals and the workshops. I am enclosing \$145.00.

I would like to participate in the retreat as a commuter for Saturday and Sunday ONLY which covers retreat, meals and the workshops. I am enclosing \$125.00

I would like to attend the retreat as a commuter for SATURDAY ONLY (No overnight) including meals and the workshops. I am enclosing \$80.00.