

Women's Wellness Weekend

April 3-4, 2020 Cedar Rapids, IA —Registration

Name _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Church _____

Allergies or Dietary needs _____

T-Shirt size: AS AM AL AXL A2XL A3XL

\$40 is for programming and lunch
on Saturday.

Please mail registration and payment to
Dina Brake

c/o The Church on Northland
5200 Northland Ave NE
Cedar Rapids, IA 52402

Please make checks payable to
Mid-ABWM

Please Register by March 22nd
Online Registration/payment is available at
www.thechurchonnorthland.com

Contact Dina Brake office@thechurchonnorthland.com or 319-377-8020 with questions

Hotel Information

A block of rooms has been secured at the Homewood Suites
1140 Park PI NE, Cedar Rapids, IA 52402.

\$89/night

(319) 378-1140.

Breakfast available at hotel

Under Mid-ABW Retreat or MID

You are responsible for making your own hotel arrangements.

Those wishing to make an entire weekend out of it are welcome to stay
Saturday evening and worship Sunday at the Church on Northland at 10:15 AM.
Dinner and activities on Saturday night would be on your own.



Ladies, it's time to reTREAT yourself!

Join us, and others from sister Mid-ABC churches, January 10th and 11th for a weekend in Cedar Rapids, IA for a time of bible study, pampering, activities, laughs, worship, and prayer.

We will focusing on finding intimacy with God in the busyness of life.

“Come to me, all you who are weary and burdened, and I will give you rest.” Matthew 11:28 . Take the time after the holidays to refocus and start the new year off in a positive way.

Using the Having A Mary Heart in a Martha World retreat guide, this weekend will offer opportunities to get away from the hustle and bustle of life. What does it mean to have a Mary heart in a Martha world? Do you ever feel like you aren't Godly enough, aren't loving enough, or aren't doing enough? We will explore all these and have opportunities for mind, body and spiritual renewal.

Schedule

Friday

6:30-Check in and fellowship
7:00 PM-Icebreakers
7:15 PM-Large Group Session 1
8:00 PM- DIY Journals

Saturday

9:00 AM- Large Group Session 2
10:00-10:45AM- Large Group Activity
11:00 AM- Large Group Session 3
11:45-12:15- Lunch at the church
12:15-12:45- Large Group Session 4
1:00-3:00- YOU PICK
3:00 PM-3:45PM Large Group Session 5
3:45-4:00 PM- Closing Prayer

*subject to change

Activities

DIY journal
Jewelry making
Mindfulness breathing
Chair Massages
Yoga

*subject to change

Mandala Rocks
Manicures
DIY Sugar Scrub
DIY Roller scent
Crocheting
Prayer Stations
Coloring
Card or Board Games
Bake

Please indicated your preference

There will be some times to be crafty.

Artistic and crafty skills are not needed to do them.

I would like to create (select all you would like to do)

_____ a DIY journal (new sew) -OR- _____ a DIY journal (sewn)

_____ an alcohol ink washer necklace -OR- _____ bracelet

_____ Mandala prayer stone

We will be making our own rollerball essential oil blends.

Fragrance Preference (select up to two)

_____ Lavender/Peppermint/Eucalyptus/Frankincense (Headache relief)

_____ Eucalyptus/ Rosemary/Grapefruit (Energy/ Feeling Blue)

_____ Eucalyptus/Orange/Peppermint (Stress Away)

_____ Grapefruit/Orange/Lemon/ Bergamot (Joyful)

_____ Lavender/Rosemary/Peppermint (Sinus Relief)

_____ Lavender/Tea Tree/ Ylang-Ylang (Goodnight sleep)

_____ Lavender/Frankincense/Ylang-Ylang/Grapefruit (Anti Anxiety)

I Am Interested in a chair massage Yes No

Feel free to bring your own knitting or crochet projects, coloring books, and games to do during the free time (YOU PICK) sections.