

2020 CHRIST CHURCH CATHEDRAL WOMEN'S RETREAT

March 27-29, 2020
Montgomery Bell State Park

“Upcycling Writing Skills into Life Skills”
presented by Alice Randall

RECIPES TO REMEMBER AND BUILD



What’s the one food item you most associate with your family of origin? And why? Who did the cooking in your childhood family? Who does the cooking now? What’s the one food item you most associate with your family now? Why? What is a food that some people eat but that you would not eat for cultural, religious, or psychological reasons? What’s your favorite luxury food? What’s your favorite cheap food treat? What’s your favorite memory of learning to cook something? Is there a food you love that you are ashamed to eat in public? If Christ Church Cathedral were creating a cookbook and you had to add one and only one recipe, what recipe would you offer? What is your mother’s, daughter’s, or best friend’s favorite cookbook? What does loving that cookbook tell you about her? Cookbooks are great ways to talk about our lives, strengthen community, and raise money for philanthropy. What would it look like to start writing one at this retreat?

SELF-MEDICATE WITH ART—CREATE TWO COMMUNITY PLAYLISTS:

Songs that Lift Your Spirits!
Songs that Chill You Out!

THREE CHORDS, AND SEVEN PARTICULAR TRUTHS AND POWERS

Sing your way into new power and personal revival by finding the hidden allies and mentors in the lyrics of country and Americana songs—even if you can’t carry a tune. A feminine-feminist, Nashville-now, songwriter’s perspective on using Jungian archetypes and Apple Music to reconnect yourself to hidden, lost, and muted aspects of self. And a micro-mini intro to songwriting.

STARRING YOU, LIFE!

A quick introduction to the basics of “how to write a movie” then a dive into how to use your new knowledge of basic screenplay structure to transform life’s challenges and frustrations into engines propelling you toward your happy ending—and writing yourself into the center of the picture.

COME JOIN US for these presentations, plus hiking, jewelry making, drawing, meditation, worship, fellowship, and fun. Sign up details on the reverse of this flyer.



REGISTRATION OPENS JANUARY 31, 2020

Registration deadline for OVERNIGHT STAYS is February 23, 2020

Registration deadline for DAY TRIPPERS is March 15, 2020

To register electronically, sign up for the 2020 Women's Retreat email list at this link:
<https://bit.ly/2vxsD1b>

When registration opens, you will receive an email with the link to an Eventbrite sign-up page.

COSTS

Both nights (banquet included)

with roommate \$250

without roommate \$325

Friday night and Saturday day (includes lunch)

with roommate \$175

without roommate \$220

add banquet \$30

Saturday day and night (includes banquet)

with roommate \$210

without roommate \$250

Day tripper

without banquet \$95

with banquet \$125

If your personal resources hinder you from coming, please talk to
Anne Doolittle **annedoolittle@me.com** or Kate O'Day **kate@kateoday.com**

WE STILL NEED VOLUNTEERS!

To bring food, contact Shannon Warner **athomeshannon@gmail.com**

To bring and arrange flowers; to lead us in worship music; to greet arrivals and hand out packets

Friday afternoon and Saturday morning, contact Anne or Kate at the email addresses above.