

# St. James' Women's Retreat 2019

May 4 and 5

*Courage starts with showing up  
and letting ourselves be seen.*

– Brene Brown



**Please join us for “The Courage to Show Up,” a workshop for the women of St. James’,** facilitated by David Hoover, MDiv, LCSW, and Certified *Daring Way* Facilitator.

Using the research of social worker and researcher Brene Brown, participants will explore how values and courage help us show up in our lives in more meaningful ways. In this day long retreat, a series of interactive exercises will help us see how to show up more bravely in our lives and relationships.

**Location**      **Claggett Retreat Center:** 3035 Buckeystown Pike, in Adamstown, Maryland (about a 30 minute drive from St. James’).

**Schedule**      **Please plan to arrive on Saturday, May 4 by 10:00 a.m.**  
The workshop will end at 4:00 p.m.

**Lodging**      We invite you to stay overnight if you wish. We hope that many of you will stay for dinner, evening fellowship and fun, and compline. If you stay overnight, we will depart from the Claggett Center in time for the 10:30 a.m. worship service on Sunday.

**Cost/Meals**      The cost will be \$150 for the program, meals, and overnight accommodations. For commuters not staying overnight, the cost will be \$100. Financial assistance is available by speaking to the rector.

**Registration**      **RSVP by Friday, April 19 using the form below or register online at <http://bit.ly/May4Retreat>.**

**Questions?**      Contact Rev. Meredith Heffner; Sarah Hnatov, Junior Warden; or Dawn Iype, Membership Commission chair: [dawniype@gmail.com](mailto:dawniype@gmail.com).

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## St. James' Women's Retreat RSVP (due Friday, April 19)

Please make payments to St. James' Episcopal Church, “Women's Retreat” in the memo line. Return this form to the parish office. You may also register online at <http://bit.ly/May4Retreat>.

Name \_\_\_\_\_

Email/Phone \_\_\_\_\_

\_\_\_\_\_ Yes, I plan to attend the workshop and I will need overnight accommodations (\$150).

\_\_\_\_\_ Yes, I plan to attend the workshop, dinner, and evening activities but will not be spending the night (\$100).

\_\_\_\_\_ Yes, I plan to attend the workshop only (\$100).

\_\_\_\_\_ I regret that I cannot attend.