



## **JOIN US FOR A TIME OF REST, RETREAT, & RENEWAL**

Each of us needs time and space away from our daily busyness and concerns to be pampered and nurtured. We all need time to connect to our deeper selves.

The Women's Rest & Renewal Retreat invites you into a time of personal refreshment while enjoying the sacred space and wonderful hospitality of Cathedral Ridge.

### **RETREAT SCHEDULE**

Participants will arrive at Cathedral Ridge by shuttle on Friday afternoon, with time to settle into lodging before dinner. Saturday will include time walking in nature with guided reflections; opportunities for listening, quiet introspection, creativity, and sharing of stories; and engaging in fellowship and fun. After breakfast on Sunday morning we will gather for a final walk, followed by a celebration service. We will depart following lunch.

### **COST**

The retreat is free to all retreat participants. We ask that you come with an open heart and mind, prepared to be refreshed and renewed by the experience.

# **WOMEN'S REST & RENEWAL RETREAT**

**SEPTEMBER 6-8, 2019  
AT CATHEDRAL RIDGE  
WOODLAND PARK, CO**

In gathering together, being together, playing together, and discovering together, we experience sacred time and space to see God revealed in each other, in one's self, and in creation.

## RETREAT LEADERS

Spiritual Direction Colorado is pleased to host and lead the retreat, with the Episcopal Church in Colorado helping plan and sponsor the event.

### **SPIRITUAL DIRECTION COLORADO (SDCO)**

SDCO is a committee of The Episcopal Church in Colorado made up of an ecumenical group of spiritual directors. SDCO envisions a Colorado where spiritual guidance permeates peoples' lives, faith communities, and human organizations. To learn more, visit [spiritualdirectioncolorado.org](http://spiritualdirectioncolorado.org).

Retreat organizers and leaders Amy Agape, Maria Caddell-Harns, Rachel Parsons, Connie Shelley, Charlotte Shepic, and Anthony Hill, are spiritual directors and committee members of Spiritual Direction Colorado.



Cathedral Ridge is nestled in the wooded foothills west of Colorado Springs, with Pikes Peak dominating the skyline to the south. Each year Cathedral Ridge is host to almost 100 retreats, workshops, conferences, and summer camps. This "place apart" allows groups to experience community in a relaxed, stress-free atmosphere, and to return to daily life refreshed and inspired. The 160 acres of the property offer a wonderful place to explore, with wildflowers and birds and other wildlife in abundance.

### **Retreat accommodations & dining:**

Each retreat guest will have her own room with private bath in Lupine Lodge. Centrally located, Lupine Lodge offers hotel-style lodging with 22 rooms. The two wings of the lodge are connected by the Fireside Room, a comfortable, easily accessible meeting space with fireplace. All meals will be served in Sage Dining Hall, a short walk from Lupine Lodge.

### **Preparing for your visit:**

- At 8,465 feet above sea level, guests visiting from lower elevations may need a day or so to acclimate. Remember to drink plenty of water and stay hydrated.

**1364 CR 75  
WOODLAND PARK, CO**

**CATHEDRALRIDGE.ORG**

- Notify us of special needs, including dietary requirements, allergies, or physical limitations. Cathedral Ridge works hard to accommodate the needs and requests of each guest.
- Smoking is not allowed in buildings. During times of heightened fire danger smoking outdoors may also be prohibited.
- In keeping with the peaceful retreat setting of Cathedral Ridge, there are no computers, televisions, or phones in the accommodations.
- WiFi is available to guests. Cell phone coverage varies depending on carrier.

### **What to bring:**

Keep in mind that temperatures will likely be cooler given the higher altitude of Cathedral Ridge. We recommend packing the following items:

- Comfortable, layered clothing. Cathedral Ridge weather is changeable, so layers will ensure your comfort throughout the day.
- Fleece or other warm jacket. Even in the summer months, evenings can be cool.
- Rain coat or poncho in case of showers.
- Comfortable, sturdy walking shoes.
- Hat and sunscreen.
- Water bottle.