



Reflecting the Light

WOMEN & GIRLS RETREAT

JANUARY 3-5, 2020, AT CATHEDRAL RIDGE

Building on last year's Balance and Beauty Retreat, Reflecting the Light will explore the ways women experience, share, and spread the light of our triune God. Explore how we can and do reflect the light of the creator, the redeemer, and the sustainer in our relationships, in our daily lives, and in our vocations. Reflect on the ways spiritual practices and self-care help us nurture this light and keep us balanced and renewed. This retreat is for girls grades six and above, and women of all ages.

Retreat leaders: Elizabeth Cervasio, Director of Children and Youth Ministry; Tracy Methe, Faith Formation Coordinator; and The Rev. Kim Seidman, Vicar and Executive Director of Cathedral Ridge.

Cost: \$175/adult, \$100/youth grades 6-12.



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