

# "FEMININE FAITHFUL AND FRAZZLED"

*Retreat with Lutheran rostered women from Ohio to share insights into women as leaders as well as experience a variety of self-care opportunities. Women from other denominations are invited too!!!*

*Come ready to learn and laugh!!*

*Experiences may include:*

- A panel discussion of women in various stages of ministry
- Yoga\*
- Reiki\*
- Chair Massage\*
- Horse centered prayer and meditation\*
- Spiritual Direction
- Worship
- Movie and karaoke

*\* Additional cost and you will be asked to sign up after you register*

**Date** Thursday Oct. 12 lunch to Saturday Oct. 14 lunch

**Place** Lutheran Memorial Camp 2970 St.Rt.61, Fulton, Ohio 43221

**Cost** \$105

Name\_\_\_\_\_

Address\_\_\_\_\_

Phone\_\_\_\_\_email\_\_\_\_\_

\_\_\_\_\_Double room Roommate\_\_\_\_\_

\_\_\_\_\_Dormitory/bunk beds

Checks payable to: **LOMO** Send to: Bege Wiegman 20643 Berry Rd. Mount Vernon, Ohio 43050

Questions? contact [bege72@gmail.com](mailto:bege72@gmail.com) or 740.501.1856

**DEADLINE OCTOBER 1st**