# NOTES OF REST RETREAT

**A sacred time of rest and renewal for clergy women of color**

Through music, prayer, meditation and reflection, we will pause from the demands of ministry and personal responsibilities, reconnect with God, and renew our spirits for the journey ahead

*Guest Facilitators will be Julian Davis Reid and Nova Zaii*

Part of our time together will be spent in a sound bath. We encourage you to bring a yoga mat or other comfortable items, such as a blanket or pillows to enhance this part of the experience.

## Join us Saturday, November 14, 2026
## 10am to 2pm

(light refreshments provided)

**There is no cost to attend. We hope you will join us!**

North Northfield UMC
797 Sanders Rd, Northbrook, IL 60062

The Hosts for this event are:

*Rev. Adonna Davis Reid*
Cell: (312)909-8897 Email: revadreid21@gmail.com

*Pastor Audrey Rochet*
Cell: (630)670-3580 Email: Pastor.audrey@ymail.com