

Registration: Due October 7, 2024

Dress for the Weather!!

Name: _____

Address: _____

E-mail address _____

Phone: _____

Food Allergies _____

Special Food Requirements:

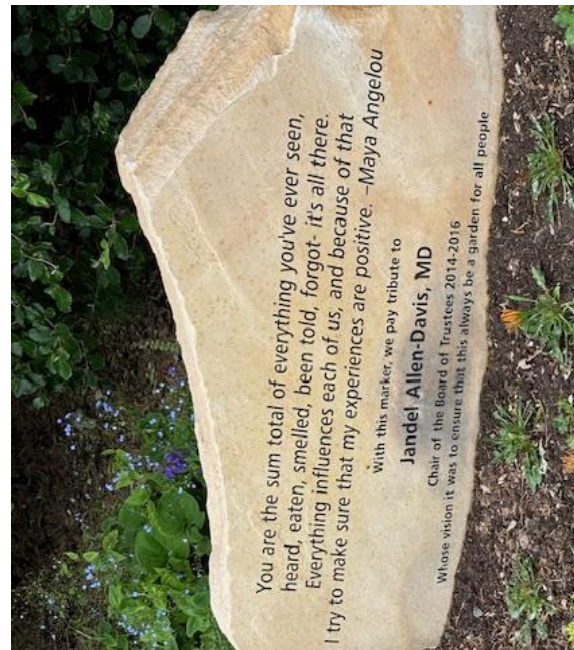
- Gluten Free Vegetarian
 Vegan Other

- Bring my own lunch in a cooler.
 Box lunch – see reverse side
choose one lunch – circle choice
Chicken Waldorf Salad croissant
Honey Mustard Turkey Wrap
Chef Salad

Pre-Sign up for Area 1 Forest Therapy
This area will take 10 participants for the afternoon. Participants will be outside in nature. Pastor Jerad Morrey leader.

I will do Forest Therapy

Rock in the Denver Botanical Gardens



Dress for the Weather!!!

*Looking forward to
seeing you
Saturday,
October 12, 2024!*

Directions: from Hwy 60 (Mill Street./1st Street NE) in Faribault, MN (on east side of Straight River)
Turn south onto State Street
1 block turn east onto Division St. E
Turn south onto 10th Ave. SE
continue onto Rustad Road, ends at nature visitor's center.

The River of Life

A Women's Day Retreat

Sponsored by Northfield UMC
United Women in Faith



River Bend Nature Center

1000 Rustad Road
Faribault, MN 55021

October 12, 2024
9:30 AM – 3:00 PM

Retreat: \$20

Plus-Box Lunch: \$15 OR
Bring own lunch in a cooler. (no charge)

Mail to Registrar: by October 7, 2024

Thalia Duffield / Retreat

Northfield UMC; 1401 S. Maple St.
Northfield, MN 55057

thaliakduffield@gmail.com

Checks payable to **UMW** (United Methodist Women/United Women in Faith)

Dress for the Weather!

*You are invited
to a special day apart*

Bask in the beautiful natural surroundings of River Bend Nature Center. Activities are planned for both indoor and outdoor experiences.

We have the easy access visitor facilities for our use all day. Immersing ourselves in nature or enjoying the warmth of food, fun, and fellowship.

Harvey Mackay, in one of his columns states: "Well-being is essential for Success. An old nursery rhyme lists the six best doctors are sunlight, rest, exercise, diet, self-confidence, and friends." (Harvey Mackay, "Outswimming the Sharks," Star Tribune)

We start the day with Soul Care, "The River of Life." Pastor Donna leads us into a deeper spiritual dive searching for a closer immersion in the love of God. Communion with nature and with each other is planned.

Nature is one of the best doctors around. Steeping our being in God's wonderful creation, enlivens our well-being and lowers our stress and bloodpressure levels. Bird song, green trees, gentle breezes, smells of moist soils of the forest and prairie awaken a sense of awe and happiness. Greet friends and make new ones in a day set aside for renewal and discovery.

Schedule for the Day

Morning

- 9:00 Set-Up
- 9:30 Registration
- 10:00 Gathering, Welcome, Worship
- 10:30 Soul Care –
Rev. Donna Dempewolf
- 11:00 Break
- 11:15 Laughter – Lisa Weis
- 11:30 Soul Care – Rev. Donna

Lunch

Afternoon – Dress for the Weather!!!

Divide into 4 areas of discovery

Area 1 (outside)
(10 participants pre-register – see form)

- 1:00 – 2:30 Forest Therapy
Pastor Jerad Morrey

Area 2 (outside and inside)
1:00-2:00 Forest walk with Naturalist
2:00-2:30 Discovery or Quilt tying

Area 3 (inside)
1:00 – 2:30 "Boys of the Bible" quilt presentation – Dorothy Orde
Quilt Tying &/or Discovery

Area 4 (inside)
1:00 – 2:30 Discovery area
Meditation
Art/Crafts
Gratitude Cards/Journal
UW Faith Prayer Calendar
Quilt Tying

Closing
2:30-3:00 Gathering/Sharing/Evaluation

Clean-up 3:00 – 4:00

Box Lunches Catered by Janna's Market Grill in Faribault, MN.

Cost is \$15

Sandwich boxed lunches come with bag of chips and fresh baked cookie (gluten free dessert and no croissant available upon request.)

#1 Boxed Lunch – **Croissant with Chicken Waldorf Salad** – Chicken, grapes, walnuts, red onion, celery, apple, dried cranberries, herb mayo & lettuce on a croissant.

#2 Boxed Lunch **Honey Mustard Turkey Wrap** – Turkey, lettuce, cucumber, shredded carrots, Monterey Jack cheese & honey mustard in a flavored tortilla.

#3 Boxed Lunch **Chef Salad** – Gluten Free – Diced turkey, smoked ham, cucumbers, onion, tomato, cheddar jack blend and hard boiled egg on a bed of fresh romaine with ranch dressing.

