

# Women's Spiritual Day Away

Perdido Bay United Methodist Church

Saturday, June 3rd from 9:00-2:00 with registration/check-in beginning at 8:30 am

## Theme - Something Beautiful

God makes something beautiful out of all of us. We are his children and he loves us. Even though we may not feel beautiful at times in our lives, it is important that we are reminded that we are "Something Beautiful"!

### Scripture Focus:

- 1 Peter 3:3-4 - Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight.
- Psalm 139:14 - I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

### Outline of Day:

**8:30-9:00 am Check-In, Light Breakfast, and Ice-Breakers:** After checking in at the registration table, you are invited to grab a breakfast snack, find your assigned table, and "break the ice" with your table mates. Each table will have a leader to answer any questions and help you get acquainted.

**9:00-10:00 am Opening Worship and Special Guest:** We will have opening worship with a women-led live band, and a special guest speaker. Our guest speaker will be Dr. Jean Tippit, district superintendent for the AWFUMC Conference.

**10:00-11:00 am Breakout Sessions:** Breakout sessions include hands on, scripture focused activities

- Mini Watercolor- Leader - Vicki Witherspoon
- Kintsugi- Leader - Katie Olson
- Movement Class- Leader - Colleen Carbone
- Prayer Beads- Leader – April Stokes
- Poetry/Songwriting- Leader – TBD
- Faithful Frames- Leader – Barbara Hermes
- Photography- Leader - Holly Tye
- Meditative Walk- Leader - Morgan Tye
- Communion Bread- Leader – TBD
- Chair yoga - Leader – Becca Schmidt

**11:00-12:00 pm Lunch:**

**12:00-1:00 pm Breakout Small Groups and Paired/Individual Reflection Time:** Attendees will be assigned to small groups for discussion as well as individual prayer time. Each group will have 1-2 leaders to help facilitate discussion.

**1:00-2:00 pm Closing Worship:** After closing worship, the attendees will be invited to take a small gift with them as a reminder of their time at the retreat.