

Fill My Cup

You are invited to join us on Saturday April 29 for a women's retreat at Cargill United Methodist Church to fill your cup with the love and joy of Jesus Christ.

Spend a day with new and old friends, attending workshops and worship, remembering that Jesus wants us to love and care for ourselves, just as he loves and cares for us.

Where? Cargill United Methodist Church, 2000 Wesley Ave., Janesville, WI

When? Saturday, April 29th from 8:30 am - 3:45 pm.

Who? All women

Cost? \$25 (includes lunch) Please register and pay by April 23rd.

Bring? Bring a feminine hygiene product to donate to ECHO if you are able.

Registration

Fill out the following registration.

Rank the workshops that interest you on the next sheet.

Name _____

E-mail address _____

Phone # _____

Emergency contact name _____

Emergency contact phone number _____

Dietary restrictions _____

Each participant will be attending 5 workshops throughout the day. Please rank the workshops below in order of preference with 1 being the workshop in which you are most interested and 10 being the workshop in which you are least interested. Participants will receive their workshop schedules the day of the event.

- Cookie decorating: A hands-on class where you will learn techniques to make delightful cookies.*
- Terrarium creativity: A hands on class where you will make a decorative terrarium in a glass bowl.*
- Bible journaling: Learn how to get more out of scripture by recording imagery and ideas while reading or hearing the word.*
- Sacred meditation: Center yourself in God using meditation to focus on spiritual growth.*
- Fundamentals of core strength workout: An instructional session teaching you what is involved in core strength training.*
- Women's health issues: Physician led discussion of important topics dealing with women's health.*
- Money story: Discover your own money story; understand how it impacts the ways we save, spend, invest, and gift money; learn how to change your money story to make better financial decisions.*
- 8000 days of retirement: Identify key tasks and issues for four retirement phases; honeymoon phase, big decision phase, navigating longevity phase, solo journey phase.*
- Knitting: Experience knitting as a mindfulness practice that appreciates the beginning of yarn to the finished project. This session invites all knitters; those who desire to learn to those who just want some space to sit and knit. "First aid" will be available for project help.*
- Chair massage: Enjoy a 15 minute chair massage by Alicia of Paull Chiropractic for an additional \$18 fee. Check or cash payment only at time of service.*