

a day retreat for women

welcoming ALL of Ourselves

in the second half of life

September 13, 2018

9:00 am-4:00 pm

As we move into and continue through our “second half of life,” the invitation to honor ourselves, claim our wisdom and accept all of who we are will arise. Our choice is to accept this invitation, to go through this door, or not. What does it mean to honor our lives? What is the wisdom you have gleaned from your life experiences? Saying our “yes” to this invitation isn’t simple or easy, nor can this be done in isolation. We need the mirror and the questions of others to sustain and support us as we develop curiosity and compassion for ourselves.

During our day together we’ll explore these questions as we engage in self-reflection, small group conversation and large group process. Silence, poetry, and ritual will be woven through our time. The cost of \$85 and includes workshop materials, snacks and a three-salad lunch.

For information about the workshop call Carolyn at 864-979-7975 or Sandra at 828-808-5820, or email Carolyn at mathis.carolyn@gmail.com or Sandra at sandraCsmith@charter.net. We look forward to learning with you as we explore our deeper selves calling us home to fullness of life.

Retreat Facilitators



REV. CAROLYHN MATHIS is a retired pastoral counselor, wife, mother, and grandmother. Beginning her career as a nurse and spending time along the way as a family mediator and hospice chaplain as well as a pastoral counselor provided her with a wholistic approach to her work. Carolyn has made her home in Greenville for over 40 years where she lives with her husband, 11 year old dog and 17 year old cat!



SANDRA SMITH, MDiv., is a spiritual director who weaves her certified Enneagram training with her theological education. She has presented her teachings on personality and spirituality at the Spiritual Directors International Conference as well as the International Enneagram Association Conference. She was co-founder and director of Holy Ground Retreat Ministry in Asheville where she lives and describes her work as helping people dissolve barriers to their hearts and to spiritual experience.

Location:

**First Baptist Church
847 Cleveland St.
Greenville, SC**

*This retreat is co-sponsored by the
Pastoral Care Services of
First Baptist Church, Greenville*

Registration is due September 1, 2018.

OnLine Registration is Preferred.

Go to <https://firstbaptistgreenville.com/womens-retreat/>

*To register by phone, call Ryland Brown at First Baptist Greenville at
864-233-2527, Ext. 137.*