

spiritual spa



renewed and refreshed
in **JESUS**

renew a steadfast spirit within me...so that times of
refreshing may come from the presence of the Lord.

-Psalm 51:10 / Acts 3:19b

2009 Women's Retreat Registration Packet

Sponsor: United Methodist Women

Mrs. Betty Henry, President

Dr. Wylene Adwater, Chairperson

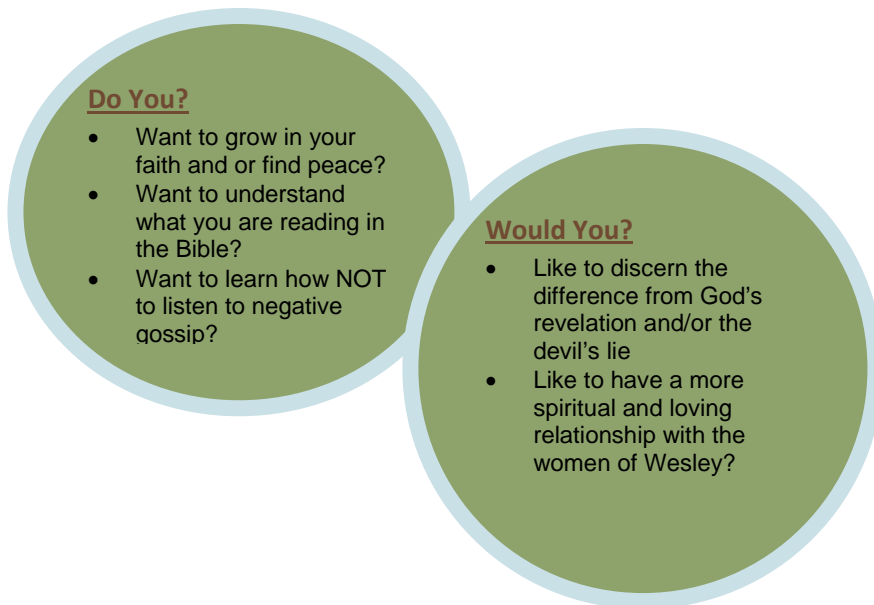
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2009 United Methodist Church Information & Registration Packet

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Rationale & Overview

This year's UMW retreat goal is to seek salvation for the body and soul. Our pamper package is full of workshop sessions that have been specifically planned to help you discover how the spiritual spa can be an oasis in your life. "Step into the life you were created to live!" The spiritual spa is not a place; it is a catalyst and a support system to help you take the next step on your journey toward whole life health and a restful and authentic relationship with GOD.



If you answer YES to any of these questions, plan now to attend the United Methodist Women Retreat.

We will have workshops that will rejuvenate your spirit, massage your mind, and deep cleanse your soul, as well as offer a "biblelicious café to help you to satisfy your Christian appetite and attend "aqua therapy" where you will be offered the "living water". We have planned social activities to enhance sisterly relations. The Women's Retreat is a great time for those interested in getting to know your sisters in Christ a little better.

The annual retreat will be held on Saturday, November 21 at Simpson Woods Conference Center located in Norcross, which is located 45 minutes north of McDonough.

Retreat Package

The retreat package includes 2 Saturday meals (B/L), snacks and workshop sessions. The package is a per person rate.

DMP Rate (per person)	Meals / Conference Packet	Attendee Will Pay
\$70.00	included	\$70.00

Payment and Registration Information

Payment Information

- Make your check payable to Wesley Chapel United Methodist Church.
- Write in the memo line of your check: UMW Retreat.
- Registration and payment information may be submitted in the following ways:
 - Registration table in the fellowship hall after 8 AM and 11 AM services
 - Mail to Wesley Chapel UMC
 - Submitted to the church office
 - Give your check to Emma Nettles, Hilda Willis, or Renee Martin.

Registration Deadline

The registration deadline is October 29, 2009. There will be no on-site registration. Participants can register for the retreat beginning at the UMW meeting in September.

Confirmation

You will receive confirmation of your retreat registration.

Cancellation Policy

If you have registered for the retreat and need to cancel, you can cancel no later than Nov. 1, 2009. You must e-mail your cancellation to Dr. Wylene Adwater, at adwater85@aol.com or to Betty Henry, UMW Chair.

Retreat Agenda

SATURDAY, NOVEMBER 21, 2009 | 7:00 AM – 3:30 PM

7:00 – 8:30

Breakfast

7:45 – 8:30

Retreat Registration Packet -Pick-up

8:30 – 9:00

Opening Session

Welcome -----Dr. Wylene Adwater, Retreat Chair

Prayer/ Words of Inspiration-----Ethel Winlock

Our Mission-----Betty Henry, President, UMW

Logistics-----Theo Shepard

9:15 – 10:15

Breakout Sessions

Workshop A: Salt – Glow – Rejuvenate Your Spirit

Presenter, TBA

Workshop B: Deep Cleansing

Presenter, Pamela McBride

Workshop C: Biblicious Café

Presenter, Rev. Gigi Warren

10:15 – 10:30

Wrap-up and Evaluation

10:30 – 10:45

Break

10:30 – 11:45

Sister to Sister Christian Fellowship/ Praise (atrium)

11:45 – 12:00

Break

12:00 – 1:00

Lunch

1:15 – 2:30

Breakout Sessions

Workshop D: S.P.A. Talk – A 40 Minute Mind Massage

Presenter, Nicole Stephens

Workshop E: Aqua Therapy

Presenter, Rev. Sharma Lewis

Workshop F: Salt – Glow – Rejuvenate Your Spirit (repeat)

Presenter, TBA

2:30 – 2:35

Wrap Up/Evaluation

2:45 – 3:00

Break

3:00 – 3:30

Anointing Service

3:30 – 4:00

Closing Session

Special Recognition-----Betty Henry, President, UMW

Dr. Wylene Adwater, Retreat Chair

Closing Prayer-----Rev. Sharma Lewis, Pastor

Retreat Registration Form

GENERAL INFORMATION

Name _____ Email _____
Address _____ City _____ State _____ Zip _____
Home Phone Number _____ Mobile Phone Number _____

MEETING PACKAGE

Day Meeting Package (DMP): Includes 2 Saturday meals (B/L), snacks and workshop sessions. The Day Meeting Package is a per person rate.

DMP Rate (per person)	Meals / Conference Packet	Attendee Will Pay
\$70.00	Included	\$70.00

MEETING PACKAGE *Please choose one workshop from each Breakout Session.*

Breakout Session I

- Workshop A Salt – Glow – Rejuvenate Your Spirit
Presenter, TBA
- Workshop B Deep Cleansing
Presenter: Pamela McBride
- Workshop C Biblicious Café
Presenter: Rev. Gigi Warren

Breakout Session II

- Workshop D S.P.A. Talk – A 40 Minute Mind Massage
Presenter, Nicole Stephens
- Workshop E Aqua Therapy
Presenter: Rev. Sharma Lewis
- Workshop F Salt – Glow – Rejuvenate Your Spirit (repeat)
Presenter, TBA

TRANSPORTATION

I would like to ride the church bus on Saturday, November 21st to Simpson Woods Conference Center

PAYMENT INFORMATION

- Submit or mail your completed form and check to Mrs. Hilda Willis, Mrs. Emma Nettles or Renee Martin.
 - Registration table in the fellowship hall after 8 AM and 11 AM services
 - Mail to Wesley Chapel UMC (Wesley Chapel UMC 397 Racetrack Road McDonough, GA 30253)
 - Submitted to the church office
 - Give your check to Emma Nettle, Hilda Willis, or Renee Martin.
- Make checks payable to Wesley Church UMC and on the MEMO line write UMW Retreat CMP or DMP.
- **Registration Deadline: October 29, 2009.**

Workshop Options

Salt Glow – Rejuvenate Your Spirit!

Facilitator: TBA

Salt is good, but if the salt loses its flavor, how will you season it? Have salt in yourselves, and have peace with one another. — Mark 9:50

- Spiritual rejuvenation is an important part of being an effective woman of God. Salt Glow events offer an invigorating experience that will exfoliate spiritual dullness and help you maintain a glow for Jesus.
- Bridge the generation gaps that hinder women (young and old) from working together in GOD’S House.
- Be made new in the attitudes of our minds (Ephesians 4:23)
- Be willing to change by using spiritual cleansers (confession and forgiveness) and take action to remove the unhealthy behaviors and nasty habits.
- Learn four ways to change rigid mindsets and attitudes. Wipe away the cover-up of guilt & shame.

Deep Cleansing

Facilitator: Pamela McBride

Sometimes pain, frustration, shame or guilt is so ingrained in your life that you need the deep cleansing that only Jesus can provide. I’M the Princess, WHO STOLE MY TIARA was created to help you to stop hanging onto the glass slipper when “Dreams Don’t Come true”.

- Do you ever wonder where your dreams of Prince Charming went?
- Have the dreams of your “Happily ever after become buried under piles of laundry,
- overwhelming daily tasks,
- rebellious children,
- Financial struggles or career disappointments?

When unfilled expectations become a regular occurrence, it’s hard not to become a prisoner to cynicism or escape to our “castle in the air” to live with a false view of the ideal world. This DEEP CLEANING Session will explore the issues such as our heritage in Christ, contentment, freedom to serve others, trusting God with our past, present and future, and living in the dignity and authority of a daughter of the King, meet our King when he returns for us.

Biblelicious Cafe

Facilitator: Rev. Gigi Warren

Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me.
— Revelations 3:20

Come in to the Biblelicious Café, have a warm cup of tea in the Spiritual Inspiration Tearoom. Percolate with personal growth in the Inner Sanctuary Growth Brew Room. Introduce yourself, meet others and find expression in the Creative Bakery. Contemplate the perspectives of Spirituality in the Work Place. If something is troubling your heart, come through the door to the Spiritual Healing Serene Salad Room, where there is always a warm crackling in the fireplace, an abundant of comfortable overstuffed chairs to rest in and choices for healing. Visit the Young and the Young at Heart crowd in the Spiritual Parenting Playroom, the air is filled with the aroma of fresh baked cookies, the exuberant noise of joyful laughter, fun and play. We look for your return as it makes the café the wonderful place to be! GOD IS REALLY HERE!!!

S.P.A. Talk – A 40-Minute Mind Massage

Facilitator: Nicole Stephens

It's time for a Spiritual Personal Assessment! This session will help you get past personal spiritual challenges and on with your life—becoming the woman, God wants you to be by putting on the new self: a Spiritual makeover. Take a Good Look At YOURSELF!

- You are the mistress of your destiny. Be aware of who you are by understanding your temperament and personality traits.
- Look underneath your skin to see your strengths, weaknesses, attitudes and behavior, and then test yourself.
- Put your best foot forward by knowing how to dress well. Know how to use color and style to express the best parts of you. Other people will take notice.
- Learn how to make your inner beauty shine out.

Aquatherapy

Facilitator: Rev. Sharma Lewis

It was the hottest time of day but the woman came to the well to draw water to avoid the other women in the city. She couldn't take the looks and the whispered voices talking about her. Deep down she knew the life she was living wasn't right – five husbands, now living with a man she wasn't married to – but she didn't know how to change it. On this day, however, she met the One who would change her life forever. He told her, "No one who drinks the water I give will ever be thirsty again. The water I give is like a flowing fountain that gives eternal life." — John 4:14, CEV

Jesus offered her living water and He's offering the same thing to you today. If you're hurting, broken, discouraged and don't know where to turn, Jesus is waiting for you to ask Him for a drink of living water. It's as easy as ABC.

A – Acknowledge You Are a Sinner

B – Believe in Jesus Christ

C – Confess Jesus Christ As Your Savior

This session will also cover what happens after you are saved and if you've been saved but fallen away from the Lord.

Frequently Asked Questions

Q: What is the deadline to purchase a package?

A: October 29, 2009.

Q: The retreat is not until November 21. Can I pay for a package later in November?

A: No. We have to provide our numbers to the Log at Simpsonwood by a certain November date according to the contract. The October 29th deadline date allows us to complete our processing and fulfill our contractual obligations.

Q: Where is Simpsonwood located?

A: Simpsonwood Conference Center is located 45 to 50 minutes northeast of McDonough in Norcross.

Q: How much will parking cost?

A: Parking is free.

Q: Is this a non-smoking facility?

A: Yes

Q: I am new to Wesley Chapel. I heard that the retreat is for active members of the UMW. Can I attend I am not an active member?

A: Yes. Any female member or non member can register for the retreat. It is a great opportunity to get involved with the church, especially with the large number of Christian women at Wesley and throughout the community who want to have a more spiritual relationship with the women of Wesley.

Q: I am an active UMW member. Is there an option for active UMW members to attend the retreat without paying a fee?

A: No. Each retreat attendee will pay for the retreat.

Q: What is the attire for the retreat?

A: The attire is casual (no shorts). We want to represent Wesley well.

Q: I am not sure of my schedule just yet. Can I register at the retreat?

A: No. There is no on-site registration. The reason is we need to fulfill our contractual obligations and have the time to complete our retreat planning.

Q: What if I pay for the retreat and then find out I cannot attend?

A: If you inform the Committee Chairperson by Nov. 1, you will not be responsible for any financial obligations or fees paid will be refunded. If you inform us after Nov.1, we will address on a case-by-case basis. If you do not inform the Committee Chairperson and not show up for the retreat, you are responsible for any financial obligations and no fees will be refunded.

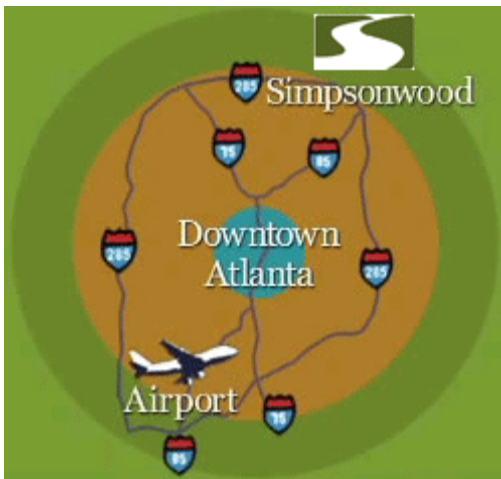
Location and Directions

LOCATION

Simpsonwood is located in Northeast Atlanta
in the Peachtree Corners area of Norcross, GA
at 4511 Jones Bridge Circle.

The Lodge at Simpsonwood is easily accessible from I-285, I-85, and GA-400. The Hartsfield Jackson International Airport is 34 miles from the property and is an approximate 45 minute drive.

Driving Directions from I -285



- Take the Peachtree Industrial Boulevard North Exit (31B). Merge into the left lane.
- 3.7 miles to where Highway 141 splits to the left. (Peachtree Industrial Boulevard will go to the right. Please stay in the left lane.)
- Take Highway 141, (The sign will read North to 141 and 400 Cumming and Dahlonega.)
- On Highway 141 (also called Peachtree Parkway), continue north 2.9 miles to East Jones Bridge Road and turn left.
- Continue 1.4 miles to Jones Bridge Circle and turn left.
- Continue 1.2 miles and turn right into THE LODGE at Simpsonwood.
- Follow the directional signs to the Rollins Center and Registration (approximately 0.6 miles).

Retreat Committee

Dr. Wylene Adwater, Retreat Chairperson

Mrs. Betty Henry, President, UMW