

SEED FOLKS

A SELF-CARE RETREAT

Sponsored by the Victorious Missionaries

Friday, February 17 – Sunday, February 19, 2012

Begins with dinner at 6 p.m. on Friday

Ends with lunch at noon on Sunday

NATIONAL SHRINE OF OUR LADY OF THE SNOWS

We will consider seeds for sowing into the soil of who we are . . .



PRESENTER:

Rev. Dr. Martha Brunell

The Quakers have a wonderful old phrase, “Way opens...” This retreat will be an opportunity for ways to open into intentional self-care practices you can take back with you into familiar patterns of busy-ness and engagement. Together we will consider seeds for sowing into the soil of who

we are for growth that is green, life-giving and full of promise. In the cold of February, we will use scripture, story, activities, prayer, the embrace of creation and our circle of gathered participants.

Rev. Dr. Martha Brunell is a writer and a frequent presenter and retreat leader on a variety of spiritual topics. She is currently the pastor of Bethlehem United Church of Christ in Ann Arbor, Michigan and is formally trained as a spiritual director.

The **Victorious Missionaries** provide spiritual support for people with disabilities and those who want to share their journey. We warmly invite you to accept this playful gift of a weekend experience as SEED FOLKS.

Price for weekend: \$150
(Includes six meals, two nights lodging, snacks and handouts)

If commuting: \$115

Sat. & Sun.: \$90

Sat. only: \$65 (includes lunch and dinner)

Please Note: A \$50 deposit is due by January 27, 2012, to hold your reservation. Deposit is non-refundable.

We have round-the-clock attendant care. If you require help taking prescription medications/injections, you must bring written directions signed by your physician.

Winter Retreat **Return by January 27, 2012**

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Special diet . . . what kind? Diabetic Low Salt Low Fat Other _____

Special needs in hotel room? _____ Need an interpreter? Yes No

Check One: Full weekend: \$150 Commuting: \$115 Sat. & Sun.: \$90 Sat. only: \$65

Check VISA Discover MC AmericanExpress

Card # _____ Expiration Date _____ Security code _____

Signature _____ Amount Enclosed \$ _____

(If paying by check – make payable to: Shrine of Our Lady of the Snows/VMs)

A PRINTABLE REGISTRATION FORM IS AVAILABLE AT WWW.VMUSA.ORG



MAIL TO: VICTORIOUS MISSIONARIES - National Shrine of Our Lady of the Snows
442 S. De Mazenod Dr. Belleville, IL 62223-1023 618-394-6281 (VOICE & TTY)

