

A decorative border surrounds the text, featuring four stylized bees with black and yellow stripes and curly antennae. The border is composed of dashed black and yellow lines forming a continuous, swirling path.

heArt & Soul Retreat

February 2-4, 2024

The Bee-Attitudes

The Women of St. Paul's will hold the annual heArt and Soul retreat at Pickwick Landing State Park, on February 2-4, 2024! We invite ALL WOMEN of St. Paul's to come enjoy this sacred time to nourish your creative spirit, your soul, and your body as a child of God.

The weekend will include:

- Opportunities to gather for fun and fellowship
- Morning Prayer and Compline services as well as Sunday morning Eucharist
- Enrichment class sessions on Saturday (participation is optional)
- Time to relax in 3 different parlor spaces on Friday and Saturday night with activities such as board games, puzzles, card games, storytelling or other group interests
- Hiking/walking in the park and greater area
- Social hours in the parlor rooms (BYO drinks)
- Wonderful participant goodies donated by our ladies
- An optional early start on Thursday evening (extra fee)

Base price includes hotel room for Friday and Saturday, five meals, and all class supplies. The Women of St. Paul's have graciously covered the costs of the community use areas to help offset costs for the 2024 heArt and Soul Retreat.

Confidential financial assistance is available.

Please contact Monna Mayhall (monna@stpaulsfranklin.com)

If you have questions about the weekend, please contact us!

Cassy Gilchrist at cassygilchrist@gmail.com (615-957-7020)

Katie Faulkner at peppyf@comcast.net (334-430-4613)

**Last day to secure guaranteed registration is December 10th.
Cancellations made prior to 12/15 will be refunded minus \$25 fee.**

No refund for cancellations after December 15, though you may find someone to assume your spot.

heArt and Soul 2024 Registration Form

PLEASE TYPE or PRINT

Turn in to church office or place in the retreat envelope in the Narthex.

Name: _____

Phone: H _____ C _____

Mailing Address: _____

Email: _____

Emergency Contact Name: _____

Emergency Contact Phone: _____

Dietary Restrictions? None Gluten-Free/Sensitive

Vegetarian Nut Allergy Other

Do you require accommodations for hearing, mobility, or other disabilities? No Yes - Please be very specific use blank page if more space is needed:

Meals Planned

Friday Dinner: Fried Catfish, Grilled Chicken, Tossed Green Salad, Breads, Corn, Rice Pilaf, Broccoli & Cheese, Banana Pudding

Saturday Breakfast: Country Ham, Bacon and Sausage Patties, Scrambled Eggs, Hash Browns and Grits, Hot Biscuits and Gravy, Assorted Fresh Fruit, Hot and Cold Cereals, Assorted Muffins, Breakfast Breads, Coffee, Milk, Orange Juice, and Bottled Water

Saturday Lunch: Boxed Lunches – Sandwich, Lettuce, Tomato, Pickle, Bag of Chips, Whole Fresh Fruit, Cookie, Choice of Soft Drink or Water

Please select your sandwich option:

Ham Turkey Roast Beef Vegetarian

Saturday Dinner: Meat Lasagna, Ham, Tossed Green Salad, Breads, Carrots, Green Beans, Macaroni & Cheese, Peach Cobbler

Sunday Breakfast: Assorted Chilled Juices, Assorted Muffins, Breakfast Breads, Sausage Biscuits, Assorted Fresh Fruit, Regular & Decaf Coffee, Hot Tea

2024 Options: Price includes two nights lodging at the Pickwick Landing Inn, five meals (see page 3), occupancy tax, supply fee, participant goodies (donated) and gratuity required by TN State Parks. The inn has an elevator and is accessible but if you need a handicap accessible room please indicate below.

_____ I need a Handicap-Accessible room.

_____ \$425-Single Occupancy

_____ \$270-Double Occupancy

_____ \$215-Triple/Quadruple Occupancy

My roommate(s) will be: _____

_____ I need help finding a roommate. I understand that if a roommate cannot be found I will be responsible for a single room.

Optional Thursday Night. Meals are on your own.

_____ \$160 Single Occupancy

_____ \$80 Double Occupancy

My Thursday roommate(s) will be: _____

_____ I need help finding a roommate. I understand that if a roommate cannot be found I will be responsible for a single room.

_____ \$25 **Optional tee-shirt** – This year's shirt will be a soft yellow and feature bees (Bee-Attitudes)

Small Medium Large Extra Large XXL

_____ \$50 **Saturday Only Registration**

Includes lunch on Saturday, use of community rooms and supplies

\$_____ **Optional gift to help others attend.**

\$_____ **Total from selections above.**

Make checks payable to St. Paul's with "WSP Retreat" in the note line.

Place completed registration and check in an enveloped and mail or drop off at St. Paul's. Please make sure the envelope and check indicate heArt & Soul Retreat! Thank You!

******If paying on Realm registrant must mark "heArt & Soul Retreat" in order for payment to be applied.******

Name: _____

Email: _____

Please check your class selection (or free time) for each time slot column.

Session I (9:00-10:15)

____ **Yoga** - A chance to breathe, stretch and restore. Let's sit together (floor or chair) and feel the stress and strain drift away! All you need are loose pants and a beach/bath towel. **Mary Emilie Acklen**

____ **Holy Hike** - A progressive Eucharist along an easy, accessible trail, providing a way to worship God in the beauty of God's creation, in what John Muir called God's "first temples." **Monna Mayhall**

____ **Pot Holder** - Revisit your childhood and make woven potholders/coasters. Fun to make in school or holiday colors. Limit 15. **Kathy Germain**

____ **Kairos** - There's a writer in all of us. Bring your favorite pen and a big smile; we provide the notebooks and writing prompts for your own unique thoughts and memories. **Peggy Macpherson**

____ **Free Time**

Session II (10:30-11:45)

____ **Hike** - A run, or walk-run, or walk session (depending on what the preference is for the majority of ladies), on paved park roads. **Caroline Butler and Karen Austin**

____ **Praying for Myself with Ephesians** - Focus on several verses to build up, encourage & undergird who we are in Christ Jesus through reading, discussion and adapting them as personal prayer. **Ann Denson**

____ **Bells Make a Joyful Noise!** - Especially designed for those who cannot read music. **Donna Stokes-Rogers**

____ **Time To Blossom** - Learn about and plant seeds now for beautiful flowers this spring and summer. **Barb Roth**

____ **Free Time**

Session III (1:30-2:45)

_____ **Water Aerobics** – Water Aerobics Submerge yourself in the pool, enjoy moving about being refreshed and invigorated! **Kathy Berry**

_____ **Godly Play** - Join our circle as we dive into the wonder that is Godly Play together! All you need to bring is yourself and a curious heart.
Libby Sullivan

_____ **Pop-up Cards** - Fun to make and a joy to receive! A snip here, a dab of glue there. Voila! **Sarah Webster**

_____ **Shiloh Tour** - Shiloh National Military Park Battlefield by car after viewing a 30 minute informative film in the Visitors Center. This will be a longer session and will take most of the afternoon. Limit 20. **Margaret Ann Horn**

_____ **Free Time**

If you have additional needs to share from your registration, please use this space.

Registration cannot be processed until forms and payment (or arrangements) are received. Rooms are assigned in the order of completed registration!

Registration is open from October 10 to December 15.

Due to our location deadlines are firm to guarantee a room!
Pickwick will try to accommodate late registrations, but the room block will be released after December 15, so do not wait!

Weekend Schedule

Friday, February 3

4:00—6:30 Check-In/Get Settled

5:30 – 6:30 Tour of Parlors and Meeting Spaces – Meet in the Lobby

6:30 – 7:30 Grand Welcome and Dinner

7:30 – 9:00 Fellowship, Fun and Compline

9:00 - ??? Fellowship in the Suite Parlors – Bring Your Own Beverages

Saturday, February 4

7:30 – 8:00 Morning Prayer in Parlor

8:00 – 8:45 Enjoy Continental Breakfast

9:00 – 10:15 Session I or Free Time

10:30 – 11:45 Session II or Free Time

12:00 – 1:15 Lunch and Group Picture

1:30 – 2:45 Session III or Free Time

3:00 – 5:00 Explore Pickwick or Free Time

5:15 – 6:15 Social Hour in Parlors – Bring Your Own Beverages

6:30 – 7:30 Dinner

7:30 – 9:00 Fun Together in Parlors

9:00 Compline

Sunday, February 5

8:00 – 9:00 Enjoy Continental Breakfast

9:30 – 10:30 Eucharist

CHECK OUT BY 11:00

Saturday Workshop Offerings

Mark selections from the registration page and keep for your reference.

Session I	Session II	Session III
Yoga Holy Hike Pot Holders Kairos Free Time	Hike Praying for Myself with Ephesians Bells Time to Blossom Free Time	Water Aerobics Godly Play Pop-Up Cards Shiloh Free Time

Directions to Pickwick Landing State Park

Directions From I-40: Take State Route 22 South (Lexington Exit) through Shiloh National Park. Then follow State Route 142 South to State Route 57 East. State route 57 will take you to the park.

From Florence, AL: US 72 West to Iuka, MS. Take MS Route 25 West (turns into TN Route 57) to the park.

Pickwick Landing State Park
120 Playground Loop
Counce, TN 38326
731-689-3129

<https://tnstateparks.com/parks/pickwick-landing>

2024 Retreat Planning Committee Members

Katie Faulkner	Cassy Gilchrist	
Vicki Carlisle	Becky Farmer	Lucinda Harshey
Kathy Ulezelski	Sarah Webster	

