



# Spiritual Retreat 2015

## United Methodist Women of the Rocky Mountain Conference

### April 24 – 26

Worship at 7:00 PM Friday Evening  
Event concludes at 11:00 AM Sunday  
visit [rmcumw.org](http://rmcumw.org) for registration forms

## Take Time to Experience -

- ❖ A time of reflection,
- ❖ A time to grow spiritually,
- ❖ A time to be in community with friends and make new friends,
- ❖ A time for Young Women to be together,
- ❖ A time to reconnect with the beauty of the Rocky Mountains at the YMCA, Estes Park

## Spiritually Empowering Women -

Guest speaker, **Harriett Jane Olson**,  
General Secretary and CEO of  
United Methodist Women's National  
Office. Harriett will look at the leadership skills of  
the incredible women who made our organization the  
dynamic force that it is today. She will explore the  
spiritual strengths within each of us as we lead our  
organization into a vital and exciting future!

Saturday afternoon choose an experience:

- ✓ Power of Nature (an outdoor activity)
- ✓ Growing the Influence of UMW, Michelle Huck
- ✓ The Power of Christ Within with UM clergy
- ✓ Yoga with Linda Fishlein
- ✓ Creative Conversation



## A Time for Young Women -

Many special activities for Young Women ages 12 – 30 are planned! We will be assembling Health Kits for UMCOR. Time for swimming, hiking, skating, crafts, music, and games as well as time spent together in reflection on the message from Harriett!

**Women of ALL AGES are encouraged to support this project and bring supplies for the health kits!**

**Check [umcor.org](http://umcor.org) for a list of Health Kit supplies!!!**