



2019 ECW Annual Spring Retreat at Camp Mikell

Friday, May 03 – Sunday, May 05, 2019

This year's retreat will be led by Alma Hall from St. Paul's, Atlanta. Alma will be teaching from one of the Bad Girls of the Bible books by Liz Curtis Hicks. Ms. Hicks is the author of *Bad Girls of the Bible*, *Really Bad Girls of the Bible* and *Slightly Bad Girls of the Bible*. All 3 books are available from Amazon and Books-a-Million.

If You Missed Last Year's Retreat, You Don't Want to Miss This One!

There will be 4 workshops/activities on Saturday:

- **Walk to the Cross** (for hardy souls!) There will be a leader.
- **Crafts** - Prayer Dolls are returning this year - so much fun! No experience necessary.
- **Yoga** - Good for the body, good for the soul! Bring a yoga mat or large towel.
- **Meditation** - With leader in the chapel (also good for the soul).

Other things to look forward to:

- Join us for the always popular Friday *Sip 'N' Share* - 4:30pm until dinner time. There will be lots of yummy snacks, wine, soft drinks and of course, conversation! Catch up with old friends and make new ones.
- Friday is T-Shirt day for our afternoon *Sip 'N' Share*: Proudly show off your Parish or ECW shirt.
- ECW Market Place is back featuring ECW T-shirts, Dogwood crosses, Shima soap, Navajo jewelry and items from our ECW groups. *Please bring cash or check, as credit card payments can't be accepted.*

REGISTRATION INFORMATION

Registrations must be received by April 15, 2019.

- **Day Rate** includes sessions and lunch on Saturday ONLY. Session starts at 9:00am.
- **Full weekend rate** includes all meals - Friday dinner through Sunday lunch and two nights lodging.

PLEASE BRING AT LEAST ONE OF THE FOLLOWING:

- Kroger Gift Card, food or toiletry items for Mimi's Pantry
- Camp Mikell Wish List items from their website

Bedlinens, towels and toiletries are not furnished in dormitory accommodations. Please make plans to provide your own. Groups wishing to room together are encouraged to mail in registrations together.

Questions? Contact: Gwen Hyman, HM 404-361-8607 / C 404-790-5613 or ghyman@bellsouth.net
Very limited scholarship assistance is available, for further information contact Gwen Hyman.

Directions: www.campmikell.com

ECW website: www.atlantaecw.org