

“Fill My Cup” - Women’s Spiritual Retreat

- Drawing from her own research and life experience in the study of the correlation between spiritual crisis and growth with physical and emotional pain and crisis, Rev. Lisa McIlvenna will invite participants into their own reflective and experiential journey of Jesus’ visit with the woman at the well in John’s Gospel. Participants will be invited to place themselves in the shoes of the woman and to wonder about the cup in their own lives/souls and the “living water” that Jesus offers.
- 6-8 hour retreat with the following sessions:
 1. Cups as Earthen Vessels
 2. Filling the Cup
 3. Broken Cups
 4. Stained Cups
 5. Cracked Cups
 6. Have Thine Own Way
 7. Cups Overflowing