



## **PNCUCC Spring Women's Retreat at N-Sid-Sen May 16-18, 2025**

***The Relaxation Response: Resiliency in Troubling Times***

**RETREAT LEADERS:** Your facilitators for the weekend are Dana Sprenkle and MaryLu Vait. Dana hails from Shalom UCC in Richland, MaryLu from Westminster UCC in Spokane.

**PROGRAM INFORMATION:** Join women of the Pacific Northwest Conference at N-Sid-Sen for a weekend of faith, fellowship, learning & fun!

We are so excited to invite and welcome you to the 2025 Women's Retreat. Our theme is, "The Relaxation Response: Resiliency in Troubling Times." We will be offering sessions incorporating the Stress Management and Resiliency Training (SMART) Handbook, published by Harvard Medical School. This weekend will be an opportunity to self-reflect and plan small life changes that will benefit your health and well-being. We will be looking at various scriptures and spiritual practices that promote self-care and connection. Laughter yoga will be offered again this year which is suitable for all abilities. There will be crafting opportunities and you are welcome to bring your own projects along. This will be a safe, welcoming space where we hope longtime connections will be made. We need each other in these tumultuous times.

This is YOUR retreat, you may use the time and space to engage in activities outside of our plan. There are trails to hike and explore and nature all around to enjoy.

***This gathering is expansive to include all women, cis and trans, as well as non-binary people comfortable in a space that centers on the experience of women.***

**ARRIVAL:** Check-in on Friday is from 4-6 pm. Dinner on Friday will be served at 6:30 pm.

**DEPARTURE:** We'll pack up and head out by 11am on Sunday.

**FINANCIAL ASSISTANCE:** Please don't let finances prevent you from attending this event. Contact your church or the Registration Office at Pilgrim Firs for information about financial assistance.

**REGISTER NOW** to reserve your space. Early Bird deadline is April 25. Registration closes May 2.

**FOR MORE INFORMATION:** Check out the Retreat & Events page of the N-Sid-Sen website. <https://n-sid-sen.org/retreats-events/> There is a link there to additional details and registration. If more help is needed, contact the Registration Office at [office@pilgrim-firs.org](mailto:office@pilgrim-firs.org) or 360-876-2031.