

Living Simply



Women's Retreat
Christian Church in Oregon & SW Idaho
Saturday, October 21, 2023
8:30 a.m. - 3:00 p.m. PST

Workshop Offerings

Morning:

Reducing Stress by Knowing What to Expect: Preparing for a Disaster

Prepare yourself for a natural disaster. This workshop is being offered by Week of Compassion's Disaster Response Organizer, Raiza Spratt who is also a member at Murray Hills Christian Church.

Calming Your Mind in the Midst of the Storm

Learn prayer practices to help during difficult times. This workshop is led by Shari Eggleston, Pastor at The View Christian Church

A Place for Everything

Learn how to declutter and get more organized. This workshop is led by Jenny Stults, member at Centennial Christian Church

Afternoon:

Between and Betwixt: A Bible Study on Journeying

Explore what the Bible has to say about in between times and transitions with Renee Bridwell, Interim Regional Minister

Simple Prayer Practices

Engage in prayer practices that will center you and bring peace with Erin Curtis, Pastor of Springfield First Christian Church

Being Present

Invite yourself into a time of being fully present only to what is happening at the moment. This workshop will be led by Kim Free, member of Keizer Christian Church