

## REGISTRATION

Complete the information below. Be sure to indicate if you would like to carpool that weekend.

### **Cost of the retreat: \$75**

A generous bequest in honor of Dorothea (Dot) E. Scheidemantel has underwritten the cost of the retreat. Without this bequest the cost would be \$235. The bequest also includes 2 scholarships of \$100 each to help with the cost of child care, transportation or registration. Contact Pastor Rachel Rhodes to make a confidential request for this support. Make checks payable to MPC and mark "Women's Retreat". Forms and fees are due to the church office by Sunday, March 10. **Space is limited so sign up promptly!**

Questions: Contact Ruth Workman by email [ruthworkman@prodigy.net](mailto:ruthworkman@prodigy.net) or phone: 215-702-7041

Name \_\_\_\_\_

Email \_\_\_\_\_

Cell phone \_\_\_\_\_

Home phone \_\_\_\_\_

I would like to carpool from MPC \_\_\_\_\_

I can drive \_\_\_ and take \_\_\_ passengers

I am driving myself \_\_\_\_\_

I would prefer a single room \_\_\_\_\_

### **Morrisville Presbyterian Church**

771 N Pennsylvania Ave, Morrisville, PA 19067  
(215) 295-4191

## **MPC Women's Retreat April 5 – 7, 2019**

### ***Thriving Against All Odds***



Emmaus House Retreat Center  
21 Main Ave, Ocean Grove NJ, 07756  
only one block from the Atlantic Ocean.

## **Thriving Against All Odds**

Too often amidst the responsibilities and busy-ness of our lives, so many women feel as if they are simply surviving. And yet, time and time again, the Bible reminds us that God has always had big plans for women—plans for them to THRIVE, not merely to survive. From Deborah we learn how to be fearless even when it looks like all is lost. From Queen Esther we learn how to own our greatness in the midst of feeling insignificant. God desires for us to thrive!

Join us for a weekend away as we look to these heroines to inspire us to thrive against all odds and bring healing and rejuvenation to our mind, body and spirit. The weekend will consist of workshops, exercises and discussions designed to equip you to be your best self and live victoriously.

Come along and THRIVE with women from our church at Emmaus House, one block from the beach in beautiful Ocean Grove, NJ. This retreat is for all MPC women, not just Circle members. You can count on plenty of fun, a deepening spiritual life, and time to build friendships with women from our church.

### **What to bring:**

Warm outdoor clothing  
Toiletries  
a journal  
snacks and beverages to share  
your Bible

*towels and linens are supplied*

The retreat begins with dinner on Friday night. For those who need to arrive later, the program begins at 8:00 p.m.

We will conclude on Sunday after lunch and will leave by 2 pm.

### **The Facilitator:**

Shéree Y. Jones is a Brooklyn, New York native, born and raised in Bedford-Stuyvesant. Her vocation is to help people achieve spiritual wellness through healing and rejuvenation in order to be victorious in all aspects of life. She believes that God has ordained us all to THRIVE - not merely survive. She is the founder of a movement called THRIVE TIME which offers seminars and self-care activities that promote a healthy mind, body and spirit.

Shéree is an ordained pastor who travels across the country preaching and teaching messages of hope and redemption. She is also a trained chaplain with diverse experience providing pastoral counseling to adults and children. She is most proud of her work as a hospice chaplain where she had the privilege to assist people in gaining spiritual peace as they approached the end of life and counseled families as they prepared to bid farewell to their loved ones.

She earned her Master of Divinity from Princeton Theological Seminary, with concentrations in Pastoral Care and Preaching as well as a Master of Science in Urban Policy Analysis & Management from New School University.

She is married with three children and they are a constant source of inspiration. She knows that in order to be fully present for her family, she must take time to replenish her spirit.

Shéree has a thirst for knowledge and a passion for empowering people. Who knows what's next on the horizon as she strives to THRIVE!



Rev. Sheree Jones