

## **WOMEN'S MINI WEEK 2017 – ACTIVITIES FOR FUN AND ENRICHMENT**

**BELLS** – Come ring Bells of Joy. No experience needed. We will play for the talent show and the Sunday Eucharist. (Claudia Hogan)

**BOOK DISCUSSION –Fearless by Max Lucado** Our wonderful Mindy Holt, will be facilitating this year's book discussion. Mindy and I really enjoy his books and we feel confident that you will feel at ease with him, as well. This is from the dust cover.

"We fear being sued, finishing last, going broke, the mole on the back, and the sound of the clock as it ticks us closer to the grave. Every season seems to bring fresh reasons for fear. And it feels dreadful. Fear sucks the life out of the soul, curls us into an embryonic state and drains us dry of contentment. Wouldn't it be great to escape it? What if faith, not fear, was your default reaction to threats?

According to Jesus this is possible. The one statement he made more than any other was this - "Don't be afraid". In this book Max Lucado invites you to consider Jesus' invitation to courage.

Fear will always knock on your door. Just don't invite it in for dinner. And for heaven's sake, don't offer it a bed for the night.

The promise of Christ and the contention of these pages are simple: we can fear less tomorrow that we do today."

**CHOIR / ORCHESTRA** – Do you like to sing? Do you play a musical instrument? Do you enjoy rhythm? Do you like to have fun with music? If you answered yes, come to the choir/orchestra activity in the Chapel at 8:45 both Friday and Saturday mornings. (You'll want to be prompt for breakfast so you don't miss a minute!) Come prepare songs for worship services, and we lead a sing-along activity during the talent show. (Jeanie McCabe)

**EXERCISE ABCs** – Pick your body part, mix, and match. Arms, Back, Core? Abs, Butt, Chest? We'll use body weight only (but bring light weights if you want them) for an all-over workout that's as gentle as you want it, followed by stretching. Just bring a mat or towel to lie on. (Emily Wilson)

**THE LABYRINTH:** Making it and Walking it – Use dried corn to make a classical labyrinth, creating a sacred space in the big field (next to the Archery Pavilion). No skills required. Then learn the three phases to the walking meditation and begin a journey through our corn seed path. The seed is left behind for critters. (Gwen JeSchonek)

**POETRY** – The Poetry Writing Activity is for all levels of writers: experienced, wannabes, and curious/adventuresome non-writers. Come see how much fun it is to play with words! (Sheryl Slocum)

**TALENT SHOW** – This is always delightful. Can you share a talent? Read a poem, sing a song, share a funny story, play your instrument, or share anything at all.

**POCKET PRAYER SHAWL**, by Connie Ott. Ever want to try your hand at knitting? Knitters, how about learning how to make a very miniature (in physical size, but HUGE in every other size) Prayer Shawl? Join Connie for her class and create! "A gift for a friend, to let them know that God loves them and so do you!" Once you have the basics down, the possibilities are quite literally, ENDLESS!!

**HOMEMADE CARDS** – This is a wonderful pass time and shows your creative side. There are so many possibilities to make your own one of a kind card for that someone special or any occasion that you want to brighten someone's day. I will have supplies on hand and some examples to show you how easy this can be. You can make as many cards as time permits and take them home so the next time you need a birthday or someone is sick you can send it off rather than making a trip to the store.

(Rose Mueller)

**CRAFTING WITH ROBIN** – Ever hear of an Angel out of neck ties, well this is what she will be showing you how to make and then you can take it home to show your friends what kind of stuff we do at WMW and bring them with you next year. (Robin Ertl)

**YOGA** – Returning to us again this year we are pleased to have Cathy Favelle, LE, RYT owner of CoreQuest Yoga & Spa in Wautoma, WI. She is a licensed aesthetician and nationally certified Yoga Instructor with over 30 years of fitness & yoga experience. She has advanced training in Yoga Tune-up ball therapy, Yoga for seniors, Yoga for athletes and Core Vinyasa flow yoga. Before opening CoreQuest Yoga & Spa, Cathy enjoyed 15 years working within the fashion industry, overseeing & participating in fashion shows as well as managing stores such as Gantos & The Limited. In 1988, she experienced a life changing move (her personal shift!) that has brought her to where she is today! She is known for her candid sense of humor and positive outlook on life motivating others to be the best that they can be as well as how to live better in our bodies! She believes that age is nothing more than a number and excited to share that she has finally had her first hot flash!

**ESSENTIAL OIL CLASS** – We will be making All-Natural Mosquito & Tick Repellent very useful stuff for camp or when we get back home. Cathy Favelle will be leading us in this activity. There will be a **Cost of \$5**. Class size is slotted for 12 people but Cathy said she will bring extra supplies if we have more ladies that are interested. There will be a signup sheet at the registration table.

**MINIWEEK 2017 SERVICE PROJECT** - Ladies, this years' service project will be stuffing backpacks for the Wautoma School District K - 5 students. The backpacks will be stuffed on Friday afternoon, and delivered to Wautoma later that afternoon. The backpacks will be distributed Saturday morning at a "getting ready for school" program for kids. Soon, (too soon!!), the Back to School sales will begin, keep your eyes peeled. Requested supplies: crayons 24 pack, folders, glue sticks, blunt tipped scissors, washable markers, colored pencils, pencils, dry erase markers, plastic pencil box, wide lined spiral notebooks

**MINIWEEK 2017 MUSICAL LEADER** - Jeannie McCabe, St. John's Episcopal Church, Fort Smith, Arkansas will be joining us in this capacity this year. We "discovered" her at an ECW conference in Chicago last year. She has been part of music and leadership teams for over 30 years in the Dioceses of Louisiana, Texas, Alaska, Chicago, and Arkansas. She has conducted music workshops in Arkansas as well as for the National Cursillo Conference 2013. Her Ministry focuses on children, youth and adults in parish liturgy, retreats, and camps. She is very excited about being with us.

**MINIWEEK 2017 CHAPLAIN** - The Rev. Dr. Helen W. Tester will be joining us this year as our Chaplain. She is a graduate of Virginia Theological Seminary with a DMIN in Congregational Development. She recently retired from full-time ministry, but is serving as Interim Priest-in-Charge at St. Paul's Episcopal Church in Beloit, WI. With her husband Charles, Helen moved to Wisconsin to be near her daughter, Elizabeth Tester-Rozo. Elizabeth (the Rev.) and husband Oscar (also the Rev.) are the proud parents of new baby Ezekiel who will go by the name "Zeke". Helen's sabbatical in 2015 included walking a portion of the 500-mile pilgrimage known as the Camino de Santiago. She says, "It was a life changing event and deepened my walk with Christ. I look forward to sharing what that was like for me at 'mini week' for anyone who is interested. In some ways, I still feel as if I am on the Camino. I have walked through France, Spain all the way to Wisconsin!" Helen is looking forward to meeting the Mini Week women and is honored to be the Chaplain at our event.