

Directions:



From wherever you are in PA - Rte. 15 South, to Frederick, Maryland, Continue straight to Interstate 270 South when Rte. 15 exits. Take Exit 31B for MD 85 South to Buckeystown. Continue 4.5 miles to Claggett Center on your left.

Friday Evening:

Travel, Dinner & Arrival on your own. (There is food along MD 85)

Registration/Check-in will be in the Christiane Inn Lobby from 4:30 – 6:30 pm. Late arrivals welcome.

What to Bring:

- Bible & Book of Common Prayer.
- Walking shoes, Comfortable clothes, Camera.
- Chairs or towels for Outside Eucharist and Campfires.
- You do not need to bring snacks this year.

Register Online at: <http://bit.ly/ECW2017retreat>

Episcopal Church Women Claggett Center Retreat

22nd Year Celebration
September 15th – 17th, 2017

**"Sacred Ceremonies of Everyday Life:
Exploring the Divine through Food, Song,
Poetry, Nature and Meditation"**

Presented by Reverend Rowena Gibbons
St. James Episcopal Church, Mansfield, PA
Diocese of Central Pennsylvania



Episcopal Church Women

The Diocese of Central Pennsylvania Episcopal Churchwomen invite women to come together in fellowship as the Body of Christ, The Church, at the Claggett Center - 3035 Buckeystown Pike, Adamstown, MD 21710 on September 15th – 17th, 2017. Our retreat program of

“Sacred Ceremonies of Everyday Life: Exploring the Divine through Food, Song, Poetry, Nature and Meditation”

, presented by Rev. Rowena Gibbons. This retreat will explore the importance of ceremony in our everyday lives to root us in living out a gospel of love that seeks to do no less than transform the world. We will connect ceremony to a recovery of the sacred wonder of the cosmos and how this is expressed in Episcopal liturgy, hymns, Christian mystics and biblical texts. Participants will be encouraged to develop spiritual practices around food, body, song, word, mysticism, nature, and meditation.

The Rev. Rowena Gibbons has been the rector of St. James Episcopal Church since 2005. She is bi-vocational and has been practicing holistic health coaching since 2014. Rowena has particular interest in the healing and transformation of Christian communities through the recovery of the sacred, which is intrinsically holistic, and expressed through individual and communal practices.

Recommended reading: Participants are encouraged to choose a Christian mystic to study over the summer, and bring a sampling of the author's works to the retreat.

Why Go On Retreat? Experience Today – Inspire Tomorrow

The Claggett Center features 3,000 square feet of dedicated meeting space to develop programming and activities away from the secular world, providing opportunities for contemplation and reconnection with your inner self. The facilities accommodate all of our needs on site including meeting rooms, breakout areas, comfortable hotel style lodging, dining together, and two chapels. The 266 acre property sits on a scenic bluff overlooking Sugarloaf Mountain and the Monocacy River Valley, creating the perfect backdrop for learning, growth, and spirit-filled renewal in a serene, beautiful location. Weather permitting we will take advantage of the outdoor labyrinth, altar and campfire areas, for free time and fellowship. Explore the website at www.claggettcenter.org for a full tour of the facilities and grounds.

Lodging:



All lodging will be in the **Christiane Inn**, which is a two story hotel featuring 60 guest rooms with queen size beds and private bathrooms in both single and double rooms. This facility is fully accessible, with centrally located microwaves and full size

fridges on each floor as well as gathering space with fireplaces for socializing. All lodging will be on a first come, first served basis.

Register Online at: <http://bit.ly/ECW2017retreat>

You will be able to choose your lodging type, request special needs such as: dietary restrictions, mobility and/or allergy concerns. If you are requesting more than one person in a room, **you must** indicate your roommates during registration. Retreat committee members are not responsible for finding any participant a roommate.

Lodging Options and Pricing:

42 Single rooms w/1 queen bed – 1 person = \$225.00,

If sharing the room with 2nd person = \$195 per person.

18 Double rooms w/2 queen beds – 2 people = \$195 each,

May have up to 4 people in room = \$195 per person.

Registration fee includes: Retreat fee, 2 nights’ accommodations, 4 meals (3 Saturday and Sunday breakfast plus snacks) and all supplies for activities.

*If you register online and get a message space is full – you can put your name on a waiting list – please give your phone number. A retreat committee member will contact you as space becomes available. **Do not** call Claggett about room arrangements please, ECW handles all room arrangements ☺.*

Registration Deadline September 1, 2017

Should you need to cancel – There is no refund *unless* someone on the waiting list is able to register for your space/room. ECW is required by contract to pay for all rooms well in advance of the retreat.

As always, if you have additional questions don’t hesitate to contact Amy Swiernik at amyecwcpa@comcast.net with questions.