



Speaker  
TRISH ARCHER

Rev. Trish Archer is a life-long United Methodist who grew up in the North Carolina Annual Conference. She has lived and worked in the Harbor District for the past 23 years, serving as Associate Pastor for 5 years at Trinity UMC-Wilmington and for 15 years as Pastor of Discipleship at Pine Valley UMC. Currently Trish is appointed to extension ministry and works with Passion in Partnership where she serves clergy and laity in ministry coaching and leadership development.

Before answering God's call to ordained ministry, Trish taught middle school science in Chapel Hill. She has a Bachelor of Science in Science Teaching and a Master of Arts in Teaching, both from UNC Chapel Hill. She also has a Master of Divinity from Duke Divinity School.

Trish is married to Noah, a pediatrician in Wilmington. She enjoys spending time with their son, Will and his wife, Angel, who also make their home in Wilmington. Trish's hobbies include reading, writing and traveling with her family.

# 2020 WOMEN'S RETREAT

SETTING THE TABLE..  
FOOD FOR THE SOUL



March 7, 2020  
8:30 AM - 2:00 PM



Registration Form Enclosed

**Wrightsville United  
Methodist Church  
invites you to our  
4th Annual Women's Retreat.  
Christian Speaker, Lunch,  
Breakout Sessions, Fellowship &  
Door Prizes**

**BREAKOUT SESSIONS**

(CHOOSE YOUR TOP 3)

Session 1: Why Meditation is Healthy  
for the Spirit and the Mind!

Presenter: Sherri Ingle

Christian meditation is a form of prayer in which a designed attempt is made to become aware of and reflect upon the revelations of God to us individually. We will learn why we should meditate, different ways to practice meditation and the health benefits of a daily practice of meditation.

Session 2: I Want More

Presenter: Gia Lambeth

I'm awed by the reality and opportunity of a deep, fulfilling relationship with God. The love and joy I experience is unmatched and leaves me longing for more. These feelings are echoed in Will Reagan's song "Set a Fire, where he proclaims: "No place I would rather be than here in your love. Set a fire down in my soul that I can't contain, that I can't control; I want more of You, God."

Let's explore the possibilities of becoming more aware of God's constant presence, limitless love and desire to set a fire in our souls.

Session 3: Nourishing Your Soul

Presenter: Barbara Gowdy

We serve God by taking time to nourish our souls. We need to feed our hearts and minds to find our joy, energy and purpose. Whether you have time for a feast, meal or snack you need to nourish your soul. Let us come together and reflect on ten practical ways we can refocus on God's purpose and plan.

Session 4: "It's time to create" said the heart.

"It's about time" replied the soul

Presenter: Gale Smith

Creativity is inventing, experimenting and growing and a way of sharing your soul with others. In this session we will use our creative minds to make a meaningful beaded bracelet and let our souls know we are listening for ways to nourish our hearts and our life.

Session 5: A Time to Mourn and

A Time to Dance – Ecc 3:4

Presenter: Maggie Landreth

Finding our way back from heartache or loss feeding our soul through the gift of dance. In this session we will spend a few moments sharing with each other a life experience of heartache or loss. Then we will explore what the Bible has to say about dancing and learn a simple line dance to a special Gospel song.

Session 6: Intentional Hospitality

Presenter: Erika Lewis

Did you know the Bible actually tells us to practice hospitality? Yet how many of us are waiting until we have more room, or more time, or the house is cleaner, or the timing's better, or our cooking's better... the list can go on and on. Whether hosting a dinner party or meeting for coffee, how do we become more hospitable (and less stressed out over it) to the benefit of others and ourselves?

**Mail-in Registration Form**

Limited Space (Pre-registration only)

Early Bird Registration \$30.00 until

January 31, 2020

Registration: DEADLINE:

February 29, 2020

Registration Fee \$35.00 after

January 31, 2020

MAKE CHECKS PAYABLE TO:

WUMC Women's Retreat

Mail application & check to:

Erika Lewis, Women's Retreat

Wrightsville UMC

PO Box 748

Wrightsville Beach, NC 28480

Or Register Online:

[www.wrightsvilleumc.org/adults](http://www.wrightsvilleumc.org/adults)

PLEASE PRINT:

Name:

Phone:

Email:

Address:

City:

State:

Zip Code:

Session 1  Session 2  Session 3

Session 4  Session 5  Session 6

Rank your top 3 choices "1", "2" or "3".

We will try to assign two of your choices.

Registration 8:30am - 9:00am

Lunch included in Registration

(No childcare provided /Dress casual)