

Luther Memorial Church of Chicago
Women of the Evangelical Lutheran Church
2500 W. Wilson Avenue
Chicago, IL 60625

January 10, 2010

Dear Friend,

Please join us on Saturday, February 6, 2010 for our second annual Women's Spiritual Retreat. The day will begin with coffee and registration at 9:30 with the formal program scheduled to begin at 10 am. It is once again our hope that this will be a good time for us to prepare for our Lenten journeys that begin on Wednesday, February 17th. Our theme this year is '**Prayer and Meditation**' and our keynote speaker will be Rev. Brenda Smith who is from the churchwide ELCA office. She is Director for Discipleship and Evangelism.

We often hear the words prayer and meditation but many of us struggle with how to implement these practices in our personal lives. Our hope is to help you find new ways to pray and to begin or enhance your meditation practices, especially in your Lenten journey. We are living in stressful times in our country and world and we can all use a day of renewal and fellowship with other women.

During our breakout sessions, we will be joined by Bonnie Pobjee, a certified yoga instructor. You may bring a yoga mat if you have one, but it is not necessary and you will not be required to sit on the floor. Bonnie has assured us that she will make accommodations for everyone. We invite you to wear comfortable clothes.

There is an informational flier/registration form included with this invitation. Please complete the registration and return it with your registration fee. All are welcome, so please invite your friends to join you.

Yours in Christ,

Linda Miranda
WELCA President