

# Come for a Mountaintop Experience!

## Women's Institute - Camp Mitchell June 6, 7, 8, 2008

A weekend of relaxation, spiritual refreshment and reflection, fun and fellowship with old and new friends. . .



### "At the Heart of it All"

Retreat Leader: Sr. Faith Margaret

*Community of the Holy Spirit, New York City*

Lady Julian wrote that God - Creator, Redeemer, Sanctifier - is our ground and our substance, the very essence of our nature. Sr. Faith Margaret will offer meditations to encourage reflection on how God is at the heart of it all and will explore the essence of the God who loves us like a mother, who died to redeem our sinful nature and who walks with us in holiness each day of our lives.



### "Stewardship of the Soul"

(Contemplative Practices for Tending the Inner Garden)

Friday Quiet Day: The Rev. Edie Bird

Vicar, St. James Episcopal Church - Eureka Springs

Borrowing ancient wisdom of the Desert Fathers and Mothers who tended the inner garden of the soul following the teachings of Jesus, we will explore practices such as watchfulness of thoughts, guarding of the heart, and unceasing prayer and their practical application in our busy and disjointed modern lives. Come for a tune-up of body, mind and heart.

## Registration Information

\$150.00 - linens provided ~ \$135.00 linens  
not provided

Daily registration Friday OR Saturday ~ \$35 with lunch, \$50  
with lunch and dinner

Registration form is available online at [www.arkansasecw.org](http://www.arkansasecw.org)

**Please make check payable to Episcopal Church Women,  
and mail to:**

**Susan Carter, 330 Woodland Drive, Helena, AR 72342**