



FRIENDS OF UNITY


Women of Wisdom's

GRACE-FILLED LIVING RETREAT

WITH SUE RILEY,
MUSICIAN WITH A MISSION

 Saturday, September 12
 9:30AM - 4:30PM

 Red Poppy Retreat Center
Highland, MI

 \$75 fee includes breakfast,
lunch, and use of pool

Designed to nurture your
mind, body, and soul.

- ✔ Music
- ✔ Movement
- ✔ Mindfulness



“Grace is a divine gift – gentle, unexpected, and ever present. Like a butterfly landing softly or a breeze brushing my face, grace touches my life in ways both subtle and profound.” Daily Word

Grace-Filled Living Retreat

Prepare for a day of re-creation. Dress comfortably. Bring:

- Sweater or jacket, indoor AC or a breeze by the lake can get chilly
- Swimsuit & towel to enjoy the indoor pool
- Water bottle to stay hydrated
- Lawn chair & sunscreen to lounge on the sun-drenched veranda
- Journal & pen
- An intention of positivity for the day

Arrive by 9:30 a.m. Concludes by 4:30 p.m.

The Day's Events include:

9:30 a.m. Registration and Light Breakfast

10:00 a.m. Welcome, Opening Song, Morning Qi Gong (establishing a ground of Grace)

10:25 a.m. Living Gracefully with our guide, Sue Riley, helping us discover the blessings and transforming power of grace

11:45 a.m. – 12:30 p.m. Lunch Break

12:30 p.m. Group Experience – setting the stage for afternoon activities with music, intention, and opportunities for the afternoon

12:45 – 3:00 p.m. Indoor Pool, Art Activities- Create a Collage, Enjoy the Red Poppy Center grounds- sit by the lake, go for a walk, have a nap, spend some time journaling (All art supplies provided)

3:00 – 4:00 p.m. Closing Activities with Sue Riley - using music and thoughtful questions - how can we carry our grace filled day into our daily life? Living Gracefully in the World

Cost \$75 Register on FriendsOfUnity.org Home page

Partial scholarships available. See Gail Parker, Church Administrator

Located at the Red Poppy Retreat Center

1865 Harvey Lake Road, Highland Charter Township 48356

