



# Walking In the Light of God: Seeing the Joy in Life's Journey

## LCC Women's Retreat 2023

Led by: Rev. Kathy Cramer

Labyrinth Facilitator: Linda Wong

September 29—October 1, 2023

The Bishop's Ranch, Healdsburg



We have all heard it said that life is about the journey, not the destination. And yet so often in our day-to-day lives we find ourselves going from one task to another without paying attention to our life's journey. This year in our Women's Retreat we will be using the action and metaphor of walking to explore the wonder, joy and wisdom that are available to us every day as we walk through our lives.

Paying attention to our life journey is an act of mindfulness. We will be exploring ways to be more mindful in the present moment and see the signs of God's light shining on us. We will have an opportunity to be led through a labyrinth walk by a trained facilitator, Linda Wong. For those of you who are not familiar with the labyrinth here is a brief description from the Veriditas Center in Petaluma.



The labyrinth is a walking meditation, a path of prayer and an archetypal blueprint where psyche meets Spirit. It has only one path that leads from the outer edge in a circuitous way to the center. There are no tricks to it and no dead ends. Unlike a maze where you lose your way, the labyrinth is a spiritual tool that can help you find your way.

The retreat will provide time for walking, reflection, sharing and of course, fun!

This year's retreat will be held at Bishop's Ranch, a retreat and conference center located outside of Healdsburg. It is nestled among the forests, farms and vineyards of Sonoma county, there are a number of wineries nearby. We will have our own lodging facility, in the Harrison House (shared rooms) and will be eating meals in the central dining hall. They are known for their excellent meals. There is also a pool! You can find more information here: [The Bishop's Ranch | a retreat and conference center for all ages \(bishopsranch.org\)](http://bishopsranch.org)

# 2023 LCC Women's Retreat

Where: The Bishop's Ranch at 5297 Westside Rd, Healdsburg, CA 95448

[www.bishopsranch.org](http://www.bishopsranch.org)

When: Friday September 29th, 2023 at 5:00 pm to Sunday, October 1st at noon

**Deadline to sign up/pay: Sunday, August 20th**

We have reserved the Harrison House which sleeps 20. We are expecting a full house, therefore members of LCC will be given preference first. Beds will be assigned as registration payments are received. Please select your bed size preference and any preferred roommates. See the attached floor plan.

King bed share \$350 each x 2 people=\$700

Twin bed \$350

Lower bunk \$350

Upper bunk \$300

There are 3 campsites and 3 hotel style rooms available for overflow.

Scholarship plans available.

Please contact Kelley at [office@lafayettechristianchurch.org](mailto:office@lafayettechristianchurch.org)

or at 925-283-8304 for more information.

Contact Nancy Vasko 925-937-6262 or Robyn Van de Cater 925-323-8615 with questions.

Send this registration form with payment to:

Lafayette Christian Church 584 Glenside Drive /Lafayette, CA 94549

Name\_\_\_\_\_

Address\_\_\_\_\_

Phone\_\_\_\_\_Emergency contact\_\_\_\_\_

Email address\_\_\_\_\_Roommate\_\_\_\_\_

Special needs\_\_\_\_\_

Do you wish to carpool? Yes\_\_\_\_\_ No\_\_\_\_\_

Registration fee \$\_\_\_\_\_+ Scholarship gift \$\_\_\_\_\_= Total enclosed \$\_\_\_\_\_

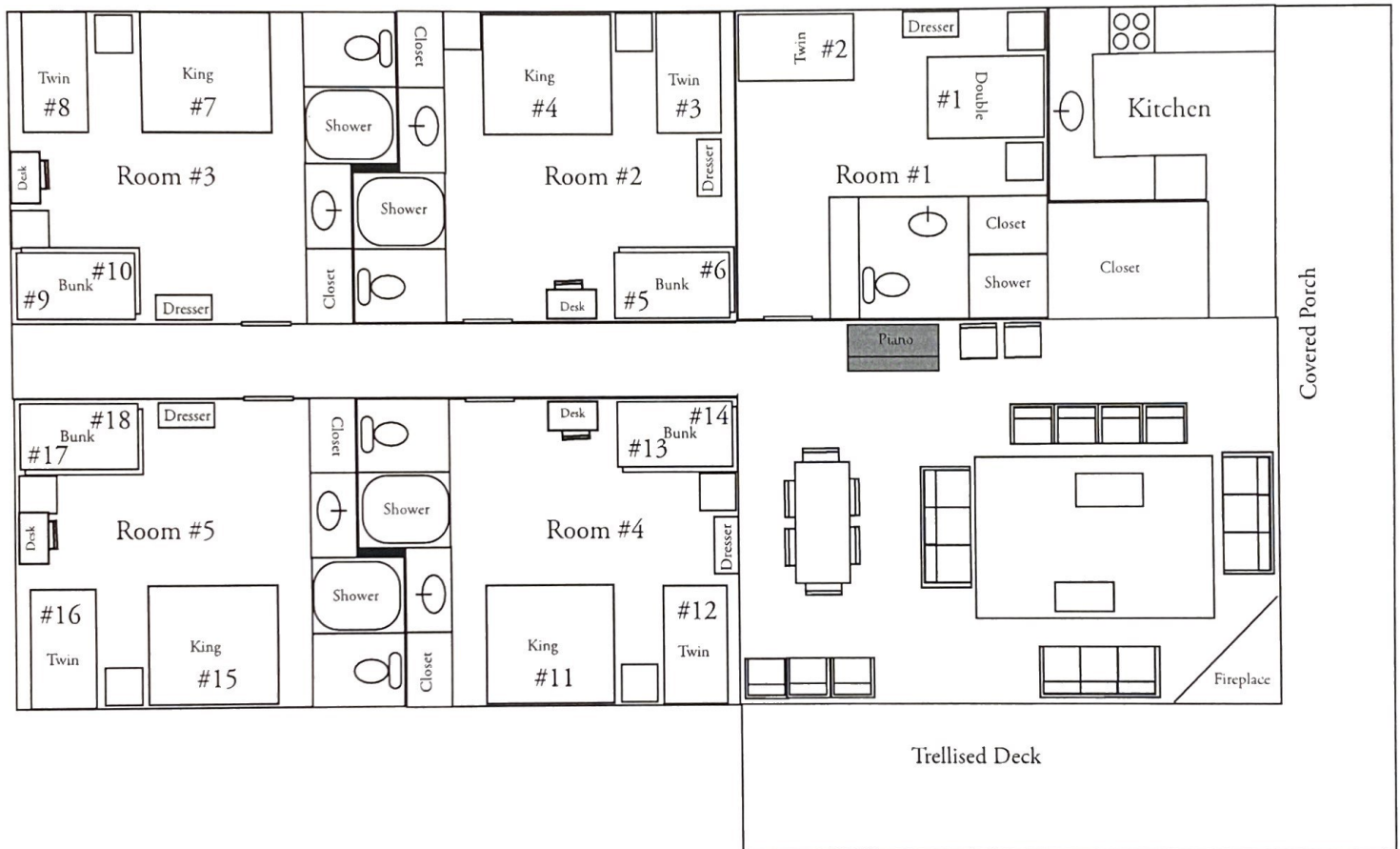
Bed Size Preference #1\_\_\_\_\_#2\_\_\_\_\_



# The Bishop's Ranch

5297 Westside Rd.  
Healdsburg, CA 95448  
Tel.: 707.433.2440 Fax: 707.433.3431  
email: info@bishopsranch.org  
www.bishopsranch.org

## Harrison House



### Room Assignments

#### Room #1

- 1) KATHY CRAMER - LEADER
- 2) RESERVED

#### Room #2

- 3) TWIN
- 4) KING
- 5) LOWER BUNK
- 6) UPPER BUNK

#### Room #3

- 7) KING
- 8) TWIN
- 9) LOWER BUNK
- 10) UPPER BUNK

#### Room #4

- 11) KING
- 12) TWIN
- 13) LOWER BUNK
- 14) UPPER BUNK

#### Room #5

- 15) KING
- 16) TWIN
- 17) LOWER BUNK
- 18) UPPER BUNK