

Retreat Schedule

Friday:

- 4:00-7:30* Check-in at
Reynolds Lodge
*(*Please let us know if you will be
later than 7:30, so we won't worry.)*
- 6:30-7:30 Dinner - covered dish
appetizers
- 7:30-8:30 Welcome/
Group Program

Saturday:

- 7:45-9:00 Breakfast
& Announcements
- 9:00-12:30 Group Program
- 12:30-4:30 Free time
- 4:30-6:00 Group Program
- 7:00-8:30 Dinner

Sunday:

- 8:00-9:30 Breakfast/Clean up
- 9:30-11:00 Program, Worship &
Communion
- 11:00-11:30 Pack & Depart

Directions to Montreat

If you are driving via Interstate 40, take
Exit 64 to Black Mountain/Montreat/Route 9.

(This exit is 15 miles east of Asheville.)

Turn north on Route 9 and go through three
traffic lights in Black Mountain.

Route 9 will become Montreat Road and
then you will drive approximately two miles
to the stone gate at the Montreat entrance.
From the gate, continue on Assembly Drive to
Georgia Terrace. Turn left and immediately
right on Collegiate Circle.
Reynolds Lodge is on your left.

2018

Starmount Presbyterian Women's Retreat

Leave behind your daily
routine and come away for a
weekend of reflection in
beautiful Montreat, NC.



February 16-18
Reynolds Lodge
Montreat, NC

Program

Enneagram & Spirituality
for women of all ages

"Therefore let us be grateful for receiving
a kingdom that cannot be shaken..."
Hebrews 12:28

Starmount
PRESBYTERIAN CHURCH

CALLED TO WORSHIP. EMPOWERED TO SERVE.

Retreat Information

We are thrilled to welcome

Sandra Smith, M.Div

Certified Enneagram Consultant

As founder of and senior consultant with Alchemyworks, Sandra Smith works with the Enneagram Personality System's nine distinct perspectives and motivations in transforming automatic responses to wakeful presence and responsible choice.

Sandra works with people at the core of who they are, exploring patterns that limit growth both personally and professionally. Living and working with self-awareness helps dissolve barriers to healthy relationships as we claim our full potential and open ourselves to the moment, shifting from judgement to curiosity, from compulsive behavior to compassionate response.

Find more information about Sandra and her expertise at **alchemyworksevents.com**

Sandra Smith will lead sessions on both Friday night & Saturday.

Sunday Morning we will have worship in our Lodge, led by Pastor Kathryn.

Dates: Friday, Feb. 16 -
Sunday, Feb. 18

Check-in: Begins at 4:30pm
Check-out: Sunday after Worship
(approx. 11:30am)

Accommodations:

2 twin beds per room and shared hall baths in Reynolds Lodge. All meals, programming, and worship will take place in our private lodge.

Dress: Very Casual

Cost: **\$130***

Includes 2 nights lodging, 2 breakfasts, Saturday dinner & program. **BONUS:** your linens & towels are also included.

What to bring:

- a heavy appetizer to share for Friday's dinner (1 per room)
- favorite beverage & glass/cup
- personal items and any special dietary needs—note that linens and towels are included
- comfortable casual clothes (during free time you may want to go walking/hiking/shopping)
- titles of books & movies you would recommend to others
- group games/puzzles to enjoy

* Confidential financial assistance for church members is available through the Presbyterian Women. Contact Jan Epps-Dawson (PW Treasurer) her mailbox is in the Church workroom.