

Registration:

Name _____

Street _____

City _____

State and ZIP _____

Phone _____

Email _____

Would like to room with _____

Day registration only _____

Cost is \$120 overnight/\$90 Day participants

payment due by Oct. 15, 2018

Mail a check payable to:

Ashland Presbyterian Church
401 Virginia Street, Ashland, VA 23005

Or Register online:

www.ashlandpresbyterian.org/retreats/ash-grove-womens-retreat

Please let us know of any dietary restrictions or other special needs / concerns:

Sponsored by Ashland Presbyterian Church

For further information, please contact:

Pastor Kerra Becker English 865-765-2944
kerra.english@gmail.com

Sherri Carneal 804-994-8679
ganneg989@gmail.com

Marsha Summerson 804-909-1951
digdigdig2@aol.com



The Ash Grove Retreat 2013

Partial scholarships available, please contact us for further information. We don't want anyone to miss out because of the cost.

Join us!

The Ash Grove at Richmond Hill:

A Woman's Retreat



DIGGING DEEP:
excavating generational trauma and resilience through the healing lenses of faith and hope

October 26-27, 2018

Friday 4 PM to Saturday 4 PM



Rev. Dr. Paula Owens Parker is the author of *Roots Matter: Healing History Honoring Heritage and Renewing Hope*. She is a Presbyterian minister, senior program developer for Roots Matter LLC, adjunct assistant professor and senior program associate for the Center for Womanist Leadership at Union Presbyterian Seminary in Richmond, VA.

Like the double helix of DNA, lived experiences (genealogy) and the reflection on those experiences (history) shape who we are. Digging deep, participants will learn how to recognize adverse events and subsequent behaviors shaped by generational trauma,

patterns of generational resistance and resilience and understand the importance of lamentation and prayer for healing. In preparation for the retreat, *The Family Tree: A Lynching in Georgia, a Legacy of Secrets, and My Search for the Truth*, by Karen Branan is **strongly recommended reading.**



Richmond Hill is located at 2209 E. Grace Street in Richmond. It was founded by a community of nuns, who arrived at the close of the Civil War. Locating their convent on Church Hill, they began a ministry of education for young girls, while continuing to pray for the city of Richmond. In 1987, the nuns moved to Hanover County and the buildings were renovated as a retreat center.

We will join the Richmond Hill community in their morning, noon and evening services and dine in their refectory. Services are held in the chapel, and we will have some sessions in meeting and prayer rooms.

Program:

Friday, October 26

Registration	4:00-5:00 PM
Gathering Options	4:30-6:00 PM
Prayer	6:00-6:15 PM
Dinner	6:30-7:30 PM
Welcome and Speaker	7:30-9:00 PM
Snack	9:15 PM

Saturday, October 27

Prayer	7:00-7:30 AM
Breakfast	7:30-8:30 AM
Movement Options	9:00 -10:00 AM
Speaker	10:30 – 12:00 PM
Prayer	12:00-12:15 PM
Lunch	12:30-1:30 PM
Responses	2:00 -3:15 PM
Closing worship	3:30-4:00 PM

Housing is on location, in one and two bed bedrooms. Some people will have a roommate; if there is someone you would like to be paired with, please indicate that on your registration. Bathrooms are shared and before we leave, we will make our beds with clean sheets and a prayer for the next person who sleeps there.

Meals are taken in the Refectory, and the lounge is cozy for conversations. Overnight accommodations have been reserved for the first 30 registrants to the retreat. Day registrations are also available.