**NSA Women’s Retreat 2021**

**Four Morning Workshop Options** (when you register you will sign up for just one of these):

1. **Awaken to Movement**:

 In this workshop we will do a gentle warm-up to worship music with stretching, giving some time to consider what we’re hearing from God in the retreat so far and how it relates to trust. We will do some exploration of movement concepts and learn a phrase with some space in it to express your own worship to God!

\*\*No dance experience necessary and I’m happy to make modifications for injuries or sore spots!

**Rachel Maddock** is an independent dance artist and teacher who believes in the healing power of movement expression. She holds a Diploma of Dance Studies from Trinity Laban in London, UK and and BA Visual Culture & Performance Studies from SFU. She loves to share the joy of dance with students and her community and continues to pursue her own projects in the Vancouver dance community.

1. **Discovering Delight:**

Together we will take time to explore and reflect on the weighty word –DELIGHT. We’ll consider God’s delight in you and your response to His delight. We will also reflect on what it means to delight in the Lord and to receive from Him the desires of our heart. If you are in need of a fresh or renewed perspective of how the Lord sees you, this workshop is for you.

**Cathy Leyland** is a spiritual director and a writer. She loves to encourage people to become all God first dreamed they could be. She has been a member of NSA for nearly 30 years.

1. **Look at Me! Finding focus in the frantic arena of family life:**

What happens when God says, “Look at Me!” While your kids are saying the same thing, and so are the dishes in the sink, and so is the unmade bed, and the garden that needs digging, and books to read and letters to respond to, bills to pay, and the exercise you never quite get around to.

Where do you look when everything calls for your attention? How do you get undistracted so you can focus on what really matters in this moment?

What DOES matter, after all? Is it the voice of the Holy One insistently hammering in your heart, wanting to get out, wanting to be free so you can really see, really be yourself as God created you? I think so!

Come to this workshop and find out how to look in the right direction, amid many voices, so that your life moves forward purposefully.

**Bronwyn Spilsbury** Explorer, traveller, pastor, fellow seeker of what is good, true, life-giving, and abundant, Bronwyn serves as NSA Family Ministries Pastor. She works with our amazing kids and families to find rest and delight in our Creator.

1. **Taking the break that God says you need: a practical look at getting started!**

How challenging is it to plan time in your day or week to rest – and what does rest for you even look like? How might a Sabbath rest contribute to your spiritual practices? How well do you know and live within your limits? Do you play well? Do you know what brings you delight? These are some of the questions we will explore in this workshop. The focus will be on personal reflection with some group sharing. At the end of the workshop, you will hopefully have a concrete idea of some steps to take to add rest and delight into your own rhythm of life!

**Anne Thicke** is our NSA Associate Discipleship Pastor. She is passionate about incorporating life giving, God-honouring rhythms into her life and is learning to delight in the amazing gift of Sabbath rest.