



## About our theme:

*Healing as a  
Lifelong  
Journey*



## About the Retreat Location:

Located an hour and half from St. Louis, near Steelville, MO, Heron's Landing is a large lower level guest house. Heron's Landing has 3 bedrooms. Two of the bedrooms have sliding glass doors to a covered patio overlooking the Meramec River bottoms. Each bedroom features one luxurious queen size bed. Along with the queen size beds, one of the bedrooms includes a full size foldout futon and one of the other bedrooms has a twin size fold down chaise for additional sleeping options. This large unit includes two bathrooms located off the living room and den areas. The den features a propane fireplace that adds a cozy feel to the property. The living room features a sleeper sofa, and glass patio doors leading out to more of the spacious deck that overlooks the river bottoms where wildlife flourishes. Heron's Landing also has a den that includes two sofas, one being a sleeper sofa, and a satellite TV. In total there are three patios leading off Herons Landing that include a large charcoal BBQ grill, two picnic tables, and other patio furniture to relax in while you breathe the fresh country air and listen to the sounds of nature such as birds singing in the trees. **Space is limited to 10 women. If we fill up and more want to attend, we'll have a repeat retreat in November.**

## I want to attend!

Name

Email

I would like to share a room with:

Dietary restrictions or health needs:

**Cost for the retreat is \$100. Please make checks payable to St. Paul's.**

Scholarship money is available, please speak with Pastor Rebecca

Those who wish to commute to the event are asked to pay \$50.

As we experience the bumps and bruises of life, it's easy to forget that our whole existence is caught up in the longing of a broken world. Like us, all of creation groans for the transformative power of God (Romans 8:19-23). This retreat will give us time to explore what healing looks like over the long haul. Through Scripture, conversation and healing practices, we'll reflect on healing in our bodies, our minds, and our spirits. We'll learn about, and possibly try, practices that support our own healing, and that of others.

### Four Sessions:

1. Healing as a lifelong journey
2. Healing in our minds:
3. Healing of our spirituality
4. Healing in our bodies

**Optional activities:** group games, quiet time, hiking, yoga, dance party, essential oil experience, mani-pedi party

## About our retreat leader:



The Reverend Emily Hilquist Davis is Rector of St. Thomas Church, Kirkwood. She is trained in Reiki, certified as a yoga instructor, and has a Ph.D. in Medieval Studies from Washington University, St Louis. Her doctoral work focused on Mechthild of Magdeburg, a medieval mystic - a profoundly insightful Christian and a feminist.

Reverend Emily brings wisdom and humor, empathy and candor to her ministry. We are so blessed to have her!



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## St. Paul's Autumn Women's Retreat

**October 8 – 9, 2021  
4 pm Fri. – 2 pm Sat**