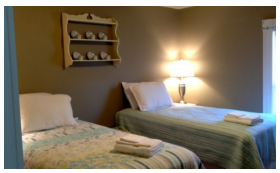
Overnight Retreat
Friday, October 23 - Saturday, October 24
Forgiveness and Reconciliation: How to Forgive Others and Receive Forgiveness
at
Common Grounds in Vinton, Ohio

Looking for spiritual refreshment, in a beautiful atmosphere, close to home? Then consider an overnight retreat at Common Grounds in Vinton, Ohio to learn more about forgiveness, restoration and reconciliation. Common Grounds is a restored property of late 1800s Americana, nestled in the beautiful hills of southeastern Ohio in Gallia County Ohio. It is an easy drive from Portsmouth, Ironton or Gallipolis.

Retreat Schedule

Friday 5 - 6 pm Arrive
6-7 pm Dinner
7:30-9 pm Session 1
Candlelight Compline in the Chapel

Saturday 7am optional Morning Prayer in the Chapel
7:30 am Continental Breakfast
8:30 - 10 Session 2
10 - Break Fruit and Coffee/Tea
10:30 - 12 Session 3
Noon Lunch
1-2:30 pm Session 4
3 Service of Reconciliation and Holy Eucharist in the Chapel with music



Retreat Leaders and Muscians

Maggie Selby, RN, MSN has been an RN for 42 years. Her clinical specialties are pain management, hospice and end of life issues. As a holistic caregiver, spiritual care has always been part of her nursing practice. Maggie is a church liturgist and musician, and has used music to console, comfort and help heal physical, emotional and spiritual ills. Currently, Maggie is an Assistant Professor in Nursing at Shawnee State University, where she shares her values and skills with nursing students.

Leslie Flemming is a 2015 graduate of the Wellstreams program in spiritual direction and completed the Clergy Spiritual Life and Leadership program of the Shalem Institute in 2010. She believes deeply in compassionate listening and in the guidance of the Holy Spirit through contemplative prayer, silent retreats, and ministry to others. Following a career in university teaching and administration, Leslie graduated from Bexley-Seabury Seminary and was ordained as an Episcopal priest in 2008. She serves St. Peter's in Gallipolis.

Tracey Henderson is an ordained deacon in The United Methodist Church, and affiliates with Cornerstone UMC in Portsmouth. She currently serves as the coordinator of the International Service and Peace Corps Prep Program at Shawnee State University and teaches five courses for that program. She also works in public health with a program that assists medically-fragile children. She is the author of *Balance: Living With Life's Demands* and the group discussion guide for *Yearning for God: Reflections on Faithful Lives*.

Susan McComas, a novice aromatherapist is the sole proprietor of Oily Moily, a small company which provides essential oil blends for a variety of applications. Susan will facilitate blending essential oils, and as part of her session, participants will make and take oils for their own use. Essential oils have healing and health benefits. Susan's session will discuss how essential oil blends inspire spiritual awakening, bring us closer to spiritual connection, and create a sense of humility through anointment. Susan is an Ohio licensed substitute teacher.

Catherine Cirner and Shelley McGuire are both trained, and self trained musicians who enjoy performing a variety of musical genres. They have been active in music performance since childhood. Catherine has performed and led music ministry across the country. Shelley has performed and participated in music ministry along the north eastern and tri state area. Catherine and Shelley feel it's important to share their musical gifts with others, which in turn nurture individuals' connection with Christ. Catherine and Shelley both work in the medical field.

AJ Stack is a recent graduate of Bexley-Seabury Episcopal Seminary was ordained to the transitional diaconate in June, and will be ordained to the priesthood in 2016. He is currently serving a two-year residency in his native Appalachian region of the Episcopal Diocese of Southern Ohio, where he shares his time between St. Peter's Church in Gallipolis and Christ Church in Ironton. AJ's undergraduate degree is in social work and he practiced as a Licensed Social Worker. Drawn to return to Appalachia after ordination, AJ believes relationships and connectedness is at the heart of ministry.

Cost $50 a person includes lodging, dinner, continental breakfast and lunch. Double and twin beds. Retreat limited to twenty people. To register, call 740 285-4090 by October 14, 2015. Cash or checks made payable to Christ Episcopal Church. Please note any food allergies or special needs.