

# Women's Affinity Retreat

**Wise Women of First Trinity** is a community of First Trinity and St. Matthew's Lutheran Women of the ELCA in the Metro DC area. As a community of women created in the image of God, called to discipleship in Jesus Christ, and empowered by the Holy Spirit, we commit ourselves to grow in faith, affirm our gifts, support one another in our callings, engage in ministry and action, and promote healing and wholeness in the church, the society, and the world. Wise Women sell Fair Trade Products monthly, read books and have a newly formed quilting group on the first Sunday of the month from 12noon-2pm. ALL are welcome.

**The Community of Reconciliation** at Washington National Cathedral is an ecumenical network of individuals seeking radical balance in life that fosters reconciliation in the world. The Community engages the ancient yet evergreen wisdom and practices of Benedictine spirituality to discover the balance and harmony found in a cloistered community—right in our own environments—family, school, the workplace, and daily life in a complex world. We align with the Cathedral's great mission to serve as a spiritual home for all and a catalyst for spiritual harmony in our nation, renewal in the churches, reconciliation among faiths, and compassion in our world. Lives of radical balance equip us for this work. The Community exists to benefit all who desire a reconciling life born of radical balance. Anchored through a complement of gatherings and resources at Washington National Cathedral—and experienced through an expanding constellation of individuals, communities, and organizations—the Community offers a practical alternative to our often fragmented existence. As companions of this monastery beyond walls we experience daily living infused with shared stability, applied wisdom, and welcomed transformation as we embrace refreshing rhythms of prayer, study, renewal, work, and hospitality. Friends from every life stage, faith tradition, and perspective are welcome. The Community of Reconciliation at Washington National Cathedral—transforming the world one life of radical balance at a time. Peace on the journey. Information can be found at [www.nationalcathedral.org](http://www.nationalcathedral.org) under "Spirituality and Worship".

## Upcoming Events at The Community of Reconciliation

∞Friday/Saturday, April 6-7, 2012, 10:15 AM-1 PM | Home Retreat and Tree Planting Day in Anacostia

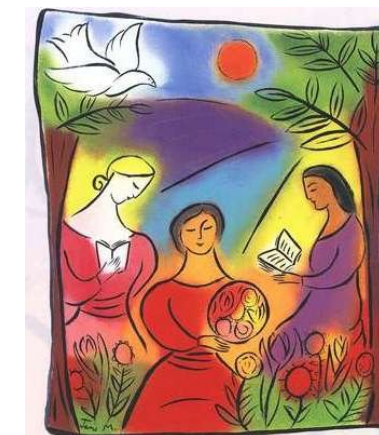
∞Saturday, April 21, 2012, 10:15 AM-1 PM | Listening, Hearing, and Living Series: Rhythms of Wellness with Lynne Shaner and Greg Finch, lunch following

∞Saturday, May 12, 2012, 10:15 AM- 1PM | Listening, Hearing and Living: Creating a Rule of Life with Jane Tomaine, lunch following

∞Saturday, May 19, 2012, 10 AM-3:30 PM | Constellation Day Retreat St. Anselm's Abbey, Washington, D.C., hosted with St. Anne's Constellation

∞**NEW DATE** Annual Chapter & Community Picnic—Saturday, June 2, 10am-4pm, Perry Auditorium and Close

**Life In Balance at First Trinity** is a constellation community of The Community of Reconciliation. Life In Balance meets **every Thursday from 7:15-8:30pm** to engage the practices of Benedictine spirituality to renew and center ourselves in scripture and wisdom while seeking a life of balance. We encourage the practices of study, prayer, renewal, work and hospitality to bring ourselves to a life centered in God. Our Thursday gatherings include study of The Rule of Benedict, discussion/reflection and centering prayer. We close our time together with a spoken Compline service. You can find more information at: [www.firsttrinitydc.org](http://www.firsttrinitydc.org) under "Fellowship".



**Exploring Community**

March 3 | Hallwood Retreat Center

## Rhythm of the Day - Saturday, March 3

8:30-9:00am	Arrival and Shared Hospitality, Continental Breakfast
9:00am	Welcome – Wendy (in the Sturm Meeting Room of the Retreat House) Community Introductions—COR, Life In Balance, Wise Women Individual Introductions Centering - Rule of Benedict Ch. 66 Centering Prayer
9:45am	Break
10am	Intro to Community Read Ch. 8—Mutuality in <i>Monastery of the Heart</i>
10:30am	Community Discussions
11:30pm	Retreat Community Discussion
11:45am	Lunch
12:45pm	Centering upon return from lunch
1:00pm	Shared Wisdom of Women and/or Community via Art Poetry, Paragraph, Sentences...flowing into...
...??	“Quiet” time
3:00/3:30	Retreat Community Shared Wisdom Session
4:00pm	Taize Eucharist
5pm	Departure

## Bibliography

- Chittister, Joan, OSB. *The Monastery of the Heart: An Invitation to a Meaningful Life*. BlueBridge Books, 2011.
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- Clainborne, Shaine, Wilson-Hartgove, Jonathan, Okoro, Enuma. *Common Prayer: A Liturgy for Ordinary Radicals*. Zondervan, 2010.
- Wilson-Hartgrove, Jonathan. *The Wisdom of Stability: Rooting Faith in a Mobile Culture*. Brewster, Massachusetts:, Paraclete Press, 2010.
- Klug, Lyn. *Soul Weavings: A Gathering of Women’s Prayers*. Minneapolis, MN: Augsburg Fortress, 1996.
- Rientstra, Marchiene Vroon. *Swallow’s Nest: A Feminine Reading of the Psalms*. Grand Rapids, MI: William B. Eerdmans Publishing Company.
- Women’s Uncommon Prayers: Our Lives Revealed, Nurtured, Celebrated*. Ed.’s Burke, Marjorie A.; Rankin Geitz, Elizabeth; Smith, Ann. Harrisburg, PA: Morehouse Publishing, 2000.

...More for your consideration and convenience during your personal reflection time...

O Wonderful Weaver of the World,  
Help me to bridge the gap  
From my separateness  
To the unity of all creation.  
I come as a single strand  
And ask that you weave me  
Into your web of creation  
Together with earth and sky,  
Eagle and tree,  
Water and fire, red and black,  
Yellow and brown,  
Women and men,  
Young and old,  
Weak and strong.

-Nancy Murzyn

It seems to me Lord that we search much too desperately for answers, when a good question holds as much grace as an answer. Jesus, you are the Great Questioner. Keep our questions alive, that we may always be seekers rather than settlers. Guard us well from the sin of settling in with our answers hugged to our breasts. Make of us a wondering, far-sighted, questioning, restless people and give us the feet of pilgrims on this journey unfinished.

-Macrina Wiederkehr

God of compassion and God of Grace, who comforts us as a mother comforts her child: Be with all who ache for the reach of your living embrace in the midst of a broken world; in the name of your Child, our Savior Jesus Christ. Amen.

For one human being to love another; that is perhaps the most difficult of all our tasks, the ultimate, the last test and proof, the work for which all other work is but preparation.

-Rainer Maria Rilke

*The Gifts of God*  
Into my imperfect body,  
Take I your perfect flesh;  
Into my tainted heart,  
I drink the wine of  
Your sacrificial love.  
And with this feast,  
Once offered for salvation  
I bind my human soul  
To thy Divine Purpose  
Of Love and Purity.

-Mrs. Carter Johnson

### **Welcome...a few notes for our time together:**

Community, in this day and age, is experienced in various forms. Many of us will gather in-person and create a Retreat Community for this day of reflection. Others will join us virtually by using downloadable materials from the website. We hope that, however you are present with us today, you honor yourself and the intention for renewal, connection and exploration of community.

On arrival, feel free to explore the grounds, enjoy a continental breakfast and begin to feel the peace and renewal of the day that you have set aside for yourself. Please be aware that some in the group will be arriving in silence, having chosen to begin the retreat Friday evening and arrive in contemplation and quiet.

We are sharing space with another community holding a retreat for the entire weekend. They will be in the Conference Room for most of the day. They will access their bedrooms off of our common space through a separate door (very kind of them!).

Our breakout spaces for today will be both levels of the Retreat House space, the dining area, the deck/patio if it is nice weather.

Our goal for today is reflection and renewal. Today, people from many communities join together for this day of reflection and renewal. Please note that there will be time to meet and reflect with anyone that you know from a specific community, and, we also hope a Retreat Community develops—community for the day, and strengthens prior relationships and offers opportunity for new community, too.

Lunch will be from 11:45-12:40. Please feel free to sit where you wish. Any special requests have been passed along to Hallowood Retreat Center.

A word about our “Quiet Time” - during this time, you are encouraged to spend at least some minutes in quiet contemplation, prayer, or silence of some sort. Some will wish to remain silent the entire time. Others may decide to pair up or in small groups and continue the conversations of the day. Please be considerate of those wishing to spend this time in quiet. At the beginning of the day, we will set a space as Quiet/Silent Space. Thank you for your attention and intention to quiet for the day.

We will offer a closing Taize Eucharist. ALL are welcome; none are obligated. If you do not wish to receive the bread and wine, you may choose to receive a blessing during communion time, please come forward to Pastor Wendy.

Our schedule will always flex with the needs of the group, but we will try to stay to the schedule as outlined. We will keep an eye on the weather and make any adjustments if we need to do so.

Thank you to everyone that has contributed to putting this day together: Jessie Roderick, Angie Dodson, Deborah Shepard, Bonnie Priebe, Barbara Eiden-Molinario, Vikki Montgomery, Ruth Worman, Fran Knoll, Greg Finch and Hallowood Retreat Center.

*For your consideration and convenience during your personal reflection time...*

I have arrived at this retreat:

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How much energy do I have right now to create and/or sustain community?

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What is mine to do around community in my life from this day and time of reflection?

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*For your consideration and convenience during your personal reflection time...*

The Rule of Benedict states that, *“The life of a monastic ought to be a continuous Lent”*.

What does that statement mean to you?

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If you participate in a community that recognizes and practices Lent, how does Lent inform your sense of community?

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What were the effects of community on Jesus’ life? What effect did Jesus have on the life of the communities around him? Down through the ages?

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Are you part of a Community that supports the practices of prayer, work, hospitality, renewal/recreation, and study right now?

If yes, how do these practices inform and impact the community? How does the community impact my practices? What does the expression of these intentions/values look like? If your community does not engage these practices, what might it look like?

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