

**FEATURING**  
**Priscilla Varland**

Priscilla Varland is a certified Rosen Movement Teacher and focuses her work on incorporating movement with embodied spirituality as a method of inner healing, joyous expression, and communion with others.



Photo: <http://gorgeousforgod.com>



**NORTHEASTERN  
SEMINARY**

**585.594.6800**

2265 Westside Drive  
Rochester, NY 14624

[www.nes.edu](http://www.nes.edu)

**NORTHEASTERN SEMINARY**  
12th Annual Women's Retreat

# Fully Alive

**JOYFULLY EMBODYING  
OUR SPIRITUALITY**

*April 21 – 22, 2017*

Abbey of the Genesee  
Piffard, NY  
[www.geneseeabbey.org](http://www.geneseeabbey.org)



## A RETREAT

### for all the women of Northeastern Seminary *Students, Alumnae & Spouses*



Photo: <http://www.geneseeabbey.org/>

Our annual women's retreat is an opportunity for **inner restoration** in the beautiful, restful setting of the Abbey of the Genesee. We will reflect on the theme "*Fully Alive: Joyfully Embodying Our Spirituality.*"

There will be time for **silent prayer** and **reflection, teaching, and group interaction**. The schedule allows for voluntary participation in the monks' services in the Abbey.

*Come join in for a relaxing  
and restorative time away!*

## SCHEDULE

*A primary purpose of this retreat is to facilitate an atmosphere of quiet prayerfulness and rest. We also want to build community and act as a support system to each other's growth in the Lord. We encourage you to participate in as many or as few scheduled activities as you like, so that you are able to enter into a restful retreat atmosphere and at the same time be in community with each other.*

### Friday, April 21

4 p.m.	Arrival
5:30-7:45	Casual supper (serve yourself)
8-9:00	Community gathering time
9:00	Community time

### Saturday, April 22

9 a.m.	Breakfast together
10-10:30	Invitation to personal reflection
10:30-12 p.m.	Community gathering time
12-1:30	Casual lunch
1:30-3	Silence
3-3:30	Community reflection/closing

*Note that the following liturgical prayer services at the monastery sanctuary are open for your optional participation as well. We do encourage you to attend at least one service.*

### Friday

4:30 p.m. Vespers  
6:40 Compline

### Saturday

2:25 a.m. Vigils  
6:00 Lauds  
11:15 Sext  
4 p.m. Vespers & Mass  
6:40 Compline

## REGISTRATION

**Cost: \$75** payable by check, cash or money order to Northeastern Seminary

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Dietary Restrictions  
\_\_\_\_\_

**Registration deadline: April 12, 2017**

**Send completed form and payment to:**

**Maria Gilluly**  
Northeastern Seminary  
2265 Westside Drive  
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### **Questions?**

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