



Pastor's Kayak Paddle Retreat

Marywood Spirituality Center in Arbor Vitae, WI

June 25, 2022

COVID, chaos and complaints have all taken a toll on our lives. Pastor, we would like to invite you on a kayaking retreat. This is more than a time to get away to relax. It is a time to reconnect with self, nature and a time to process things that have been buried beneath the surface of your life.

Mary Anne Smrz, founder of the Red Kayak Institute, has been taking people on the water for the last decade to reclaim and reconnect with themselves. This includes cancer survivors, caregivers, people in recovery, and anyone who needs healing. You can visit her website at www.redkayak.net to learn more.

We are recognizing the anxiety and grief that our spiritual front line workers have been facing as you give your all to the wonderful people in your congregations. We want you to experience healing on the water, so that you can be there for your flock.

Your time will begin at dawn with breakfast and an orientation. You will be given a journal, a bag of pebbles (surprise) and sent off into the waters of Trout Lake with a ceremonial blessing. Thus begins the time of reflection and transformation as you paddle where the spirit leads in a time of silence and contemplation. After two hours on the water, you will be invited to come in and share with the group any insights you have received.

This experience begins at 7 am CT on June 25, 2022 on the shores of Trout Lake at Marywood Spirituality Center in Arbor Vitae, Wisconsin. The \$40 cost includes kayak rental, breakfast, snacks on the water, a journal and a copy of one of Mary Anne's books on kayaking and life. Scholarships are available upon request. There will be a limit of eight kayaks, so sign up now!

For more information contact Grant Van Lishout at gvanlishout@fspa.org.