



Christian Women's Retreat

**USING THE CREATIVE ARTS
TO UNITE AND STRENGTHEN
WOMEN OF FAITH**

Join Us

WB Music Therapy Retreats invites you to join in five different retreat opportunities for Christian women. Each retreat session is a way for us to come together to strengthen ourselves and each other both emotionally and spiritually.

To maintain a rich and intimate experience, each retreat is limited to 10 participants and held in a comfortable space within your church.

For more details on when sessions are offered and how to sign up, please contact us:

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Meet Gretchen

FACILITATOR/INSTRUCTOR



Gretchen Patti holds a B.S. in Music Therapy from Elizabethtown College and is a board certified music therapist.

She received her M.S. in Healthcare Administration with a concentration in Psychology from St. Joseph's University in

Philadelphia, PA. Gretchen is a Fellow in the Association for Music and Imagery and she maintains a private practice in the Bonny Method of Guided Imagery and Music. Gretchen has over 25 years of experience facilitating self-awareness retreats and is committed to using her gifts and talents to support, educate, and encourage others to gain greater understanding of themselves. Gretchen is a member of St. Daniel's Lutheran Church in Robeson, PA.

1. Beauty for Ashes

SCRIPTURE

Isaiah 61:3

DESCRIPTION

Compassionately looking at recent world, national, state and personal events, participants will have the chance to use prayer, scripture, improvisation, music listening, sharing and creating to express what they are feeling. Creation of a representation of Beauty for Ashes will complete the experience.

OBJECTIVES

- Examine and process your experience of world, national, state, and personal events of the last couple years.
- Experience the healing presence of God, Jesus and the Holy Spirit.
- Come together as women of faith to identify and share feelings and experiences surrounding events of the last couple years.
- Examine the scripture of Isaiah 61:3 through prayer, singing, journal prompts, recorded music, musical improvisation, and discussion.
- Create a personal representation of beauty for ashes.
- Experience peace and wholeness within a supportive group environment.

Time: full day

“It was wonderful to connect with women in different stages in their faith journey...”

2. Be Still and Know That I Am God

LEARNING HOW AND WHEN TO BE STILL ENOUGH TO HEAR GOD SPEAKING

SCRIPTURE

Psalm 46:10 and Jeremiah 29:11

DESCRIPTION

Participants will experience several musical ways to quiet the mind and spirit in preparation for prayer and meditation. Through these techniques, the heart and soul are prepared to experience the stillness needed to stop our frantic praying and listen for what God has to say to us. Reminders to thank and praise God for the answers will be given. The experience will conclude with a creation for future prayer and meditation.

OBJECTIVES

- Come together as women of faith to experience stillness, mindfulness and being present with God, Jesus and the Holy Spirit.
- Experience several musical techniques to promote quieting the mind in preparation for prayer and meditation
- Examine the scripture of Psalm 46:10 and Jeremiah 29:11 through prayer, meditation, singing/chanting, journal prompts, recorded music, and discussion.
- Learn the difference between prayer and meditation.
- Create a mandala that represents mindfulness to use in prayer and meditation.

Time: half day or full day option

3. Broken Hallelujahs

SINGING HALLELUJAH IN THE DARKEST OF SEASONS

SCRIPTURE

Psalm 120:169-171; 129:2; 130; and 142:5-7

DESCRIPTION

Participants will examine the brokenness of our lives/of this world and experience the healing, comfort and peace that passes all understanding. The group will study why we sing “Hallelujah! when we are “weak and heavy laden” through bible stories, scripture, personal experiences and music. The opportunity will be given to create something “new” from something broken as a symbol of God’s faithfulness, healing and love.

OBJECTIVES

- Come together as women of faith to share our brokenness and the healing that comes from God, Jesus, and the Holy Spirit.
- Study the word hallelujah.
- Examine the scripture of Psalms, both laments and praise, through prayer, meditation, singing/chanting, journal prompts, recorded music, and discussion.
- Participate in letting go of a “brokenness” through prayer and the destruction of an object
- Make a new creation as a representation of God’s faithfulness, healing and love.

Time: full day

“I loved the creation time and the fact it was not rushed...”

“It was well organized and great combination of types of music was used...”

4. Serenity Prayer

AN IN DEPTH EXPLORATION OF ACCEPTING AND SUBMITTING TO GOD'S CONTROL AND PLAN FOR YOUR LIFE

SCRIPTURE

- Serenity - Philippians 4:7; Psalms 46:10;
- Courage - Deuteronomy 31:6; 2 Timothy 1:7; Proverbs 3:5-6
- Wisdom - James 1:5; 2 Timothy 3:15-17

DESCRIPTION

Participants will explore ways to accept situations that are uncontrollable or unchangeable, find courage when appropriate, and how to recognize the difference. God promises a supernatural peace when we bring our worries and concerns to God in prayer. The Serenity Prayer will be analyzed through scripture, music and creative self-expression.

OBJECTIVES

- Come together as women of faith to share struggles with control and surrender.
- Analyze The Serenity Prayer and connect it to real life through music, journaling, discussion and prayer.
- To examine scripture dealing with serenity, courage and wisdom.
- Create a personal Chaplet or piece of jewelry to remind you to use the Serenity Prayer.

Time: half day

5. Women of Advent

DRAWING STRENGTH FROM OUR SPIRITUAL GRANDMOTHERS FOR THE SEASON OF ADVENT

SCRIPTURE

1 Samuel 1,2; Luke 1-8,25, 39-66; Luke 2:22-40

DESCRIPTION

The season of Advent can bring with it many feelings including excitement, joy, loss, and weariness. Through scripture, song, journaling, discussion and creation, participants will look at Hannah, Mary, Elizabeth, and Anna and the strength we can gain from them to help prepare ourselves for the season of Advent.

OBJECTIVES

- Come together as women of faith to experience the strength of the Women of Advent.
- Examine scripture regarding the strength of Hannah, Mary, Elizabeth and Anna.
- With prayer, journaling, and music prompts, participants will create a visual reminder of the strength gained from the Women of Advent.

Time: half day or full day option

“I enjoyed being able to share experiences with other women of faith and grow closer to God together...”
