



## Amy Montanez

Amy Sander Montanez is a writer, teacher, therapist, retreat leader and spiritual director. An Episcopalian, Amy has led women's and parish wide retreats for 15 years.

Her areas of expertise include all aspects of women's issues, grief work, healthy relationships, building healthy families and communities, the spiritual journey and the mind-body-spirit connection.

More recently, Amy has been writing a column for the Episcopal Diocese of Upper South Carolina entitled "In the Moment: One Pilgrim's Attempt to Stay Present". In 2007 she won the National Polly Bond Award for Special Achievement in Church Communication in the area of Spiritual and Devotional Writing.

## Tentative Schedule

### Friday, April 4, 2007

- 4:00 pm Registration & Social Gathering
- 6:30 pm Dinner
- 7:30 pm Program/Amy Montanez
- 9:00 pm Compline

### Saturday, April 5, 2007

- 8:30 am Breakfast
- 9:15 am Program/Amy Montanez
- Noon Lunch
- 1:00 pm Program/Amy Montanez
- 3:00 pm Free Time
- 6:30 pm Dinner
- 7:30 pm Program/Amy Montanez
- 9:00 pm Compline

### Sunday, April 6, 2007

- 8:30 am Breakfast
- 9:15 am Worship
- 11:00am Pack up to leave

**High and Low Ropes courses are available.**

An additional cost of \$35.00 with a minimum of 10 people. (Ropes can be done anytime on Saturday)

Gravatt Conference Center is part of the Upper Diocese of South Carolina and is under going many changes. The Inn is being renovated and will be complete at the time of our retreat. We will also be using the cottages.

Register Now:  
Deadline is March 15, 2008  
Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Roomate(s): \_\_\_\_\_

Special Needs: \_\_\_\_\_

Ropes: \_\_\_\_\_

(Add \$35.00 to your payment)

Weekend Cost: \$130.00 (double)

Weekend Cost \$160.00 (Single)

Full and partial scholarships are available. Please contact Mary Moore (799-4767) before mailing form. Deadline for scholarships is March 1, 2008

# Compassion & Courage: Feminine Journey

Need a break from the grind of the daily routine? Want to get out of town for the weekend? Does a little nurturing, fellowship and spiritual growth sound good? Then join the St John's Episcopal Church Women for our fourth annual Women's Retreat. Amy Montanez will lead us as we explore the compassion and courage within women of all ages.

Are there things you would like to do or changes you would like to make? Are you confident that you have the courage and strength to confront those changes? Once made, how do they fit into our spiritual lives?

Amy Montanez will help us explore the compassion and courage it takes to do the things God has called us to do. There will be time for quiet and introspection, time for sharing with each other and plenty of time for laughter and fun.

Address Correction Required

St John's Episcopal  
Church  
2827 Wheat Street  
Columbia, SC 29205



## Compassion & Courage: Feminine



## St John's Fourth Annual Women's Retreat