

### Accommodations

Our host, the Dominican Retreat Center, is located 1945 Union St. (Rt. 7) in Niskayuna, NY. It is a smoke-free, alcohol-free, and scent-free facility with private bedrooms and shared bathrooms. There are spacious grounds for walking, a library and chapel. The entire facility is handicapped accessible. Parking is available in front of the Retreat House.

### Arrival

Registration with light refreshments begins at 6:30 pm on Friday, September 8.

### Please Bring

Comfortable clothing, toiletries and prescription medications.

### Directions

From the Northway (I-87), take Exit 6 toward Schenectady. Follow Rt. 7 for approximately 6 miles. The Retreat Center is located on the right.

The Retreat Center is also located on the CDTA bus route.



## Healing A Woman's Soul Tools for the Journey: I'm On My Way September 8-9, 2017 REGISTRATION FORM

Name: \_\_\_\_\_

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

City, Zip: \_\_\_\_\_

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

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

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

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

Payment Enclosed \_\_\_\_ Yes \_\_\_\_ No

Saturday Dinner? \_\_\_\_ Yes \_\_\_\_ No

Scholarship: \_\_\_\_ Full \_\_\_\_ Partial

Amount of Scholarship Request:

\$ \_\_\_\_\_

Registrations should be submitted  
NO LATER THAN Friday, August 25,  
2017 to the address below:

hawsretreats@gmail.com or  
mailed to: Healing a Woman's  
Soul, 68 S. Swan St., Albany,  
NY 12210



? For information, please call  
Gretchen at 518 439 8574.

## Healing a Woman's Soul Retreat

**Tools for the  
Journey:**

**I'm**

**On**

**My**

**Way**

**September 8-9,  
2017**

**Sponsor: Healing a  
Woman's Soul, Inc.  
Albany, NY**

**Retreat Location:  
Dominican Retreat  
Center  
Niskayuna, NY**

**Info: 518 439 8574**

## Tools for the Journey Retreat: *I'm on my way*

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Retreats help women to discover and build spiritual wellness for the ups and downs of life. This year, our theme, [\*I'm on my way\*](#) supports the progress we have made on our journeys and yet acknowledges we have more to do. We will investigate together how best to grow and overcome those challenges that hinder us or keep us stalled.

We will explore ways to see our inner beauty, as God loves and forgives us.

Please come and discover, begin or strengthen a spiritual wellness with a loving God who longs for a relationship with us.



### Retreat Directors

Rev. Karen Clancy, an Associate Minister at Morning Star Missionary Baptist Church, Albany and a certified substance abuse/grief counselor.

Rev. Dr. Anne Curtin, an Episcopal priest associate at St. Paul's Church, Kinderhook, Executive Director of HAWS, attorney and teacher.

Rev. Sally Heiligman, an Episcopal priest at Grace Church, Mohawk and a retired licensed chemical dependency counselor.

Rev. Karen Malcolm, Deacon at St. Michael's Church, Colonie, retired military veteran and domestic violence advocate.

***I'M NOT WHERE I NEED TO BE; BUT THANK GOD, I AM NOT WHERE I USED TO BE ... I'M OK AND I'M ON MY WAY.***

***Joyce Meyers***  
***Beauty For Ashes***

Rev. Leslie Groneman, Deacon at Christ Church, Coxsackie, gifted craftsperson and quilter.

### Retreat Information

**Cost:** \$120.00 includes meals, program and accommodations in a private room.

**Location:** Dominican Retreat Center, 1945 Union St. (Rt. 7) Niskayuna, NY.

**Registration:** 6:30 PM Friday

**Program begins:** 7:15 PM Friday

**Program ends:** approximately 4:00 PM Saturday, followed by optional dinner. Retreat

participants are welcome to stay to enjoy dinner and fellowship. Please note dinner reservations on registration form.

**Additional Information:** Please contact Gretchen at 518-439 8574 or by email at [haws-retreats@gmail.com](mailto:haws-retreats@gmail.com).

### Healing a Woman's Soul

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68 S. Swan St., Albany NY 12201

Retreat Inquiries: 518 439 8574

Other Inquiries: 518 755 3325

E-mail: [hawsretreats@gmail.com](mailto:hawsretreats@gmail.com)