

**Register** online at [www.pilgrimpines.org](http://www.pilgrimpines.org). The **deadline** is **September 5th**. When you register, be sure to include **your church's name, town, and state**.

**All women are welcome** to attend: those with questions and those who have been on this journey for years.

The **cost** of the weekend is **\$197**, which includes a two-night stay at Pilgrim Pines, six meals, snacks, and linens. The cost for licensed/ordained pastor or pastor's wife is \$100. Saturday one-day registration: \$50! Women will be grouped in rooms by churches. Jennifer will be selling music and books and have a World Vision child support table.

**Check-in starts Friday at 3 pm.** Dinner will be at 5:00 and 5:45 followed by our first gathering at 7:00 pm. Saturday includes teaching, breakouts and free time in the afternoon, and a teaching at night. We end Sunday at noon with lunch.

Enjoy a **weekend of fun**: wall climbing, tennis, boat rides, walks around the lake, ping pong, a campfire, the PP camp store, the Gift Shop, and lots of time to talk with friends. "Talk & Tea" with Jennifer Shaw on Saturday at 4 pm.

A single **offering** will be taken for Women's Ministries on Saturday. For scholarship questions, email Nan Lingenfelter: [nlingenfelter@charter.net](mailto:nlingenfelter@charter.net).

**Promoting the retreat.** Go on our website for ideas. We have flyers, bulletin announcements, sign-up sheets, and "Why Attend a Retreat," all ready to print.

**Volunteers needed!** Email Nan to help with welcome, registration, taking pictures of the retreat, evening fun & games. We need a **musician to lead** worship in **2024**. Help fund WM: Bring a Fall item for a **raffle basket**. **Questions:** Email Nan Lingenfelter [nlingenfelter@charter.net](mailto:nlingenfelter@charter.net)

## East Coast Conference Women Ministries

### Women's Fall Retreat

**September 15 – 17, 2023**

**Pilgrim Pines Conference Center  
Swanzey, New Hampshire**

**Jennifer Shaw**

### **Out of the Boat: *Peter's Journey and Ours***

*"Lord, if it's you," Peter replied, "tell me to come to you on the water." "Come," [Jesus] said. Then Peter got down out of the boat, walked on the water and came toward Jesus. Matthew 14:28-29*

Are you being used by God? Do you long to follow Him more, but don't know how? Follow Jennifer on a journey through the life of Peter, as we look at the miraculous example of how God shaped and changed this very ordinary man to become the

founder of His church, and then at ways the Lord can mold us and transform us to be people He can use! Using music, humor, and stories from her own life,

Jennifer takes Godly principles of transformation from the Scriptures, and helps women apply them to their own lives.



## Breakouts (Choose One)

### 1. **Enneagram:** Lisa Olsen

The enneagram of personality is a map for self-discovery and personal growth. There are nine interconnected personality types based on the unique ways you relate to the world. It helps transform self-defeating behaviors into more empowering ways of being.



### 2. **Financial Wellness: “Talking about money in the light of faith”:** Donna Lewis, Covenant Trust. We will

discuss how our financial wellness affects other dimensions of wellness. We will review principles for Financial Wellness: Estate planning, Financial Planning, and Smart Giving.

### 3. **Spiritual Disciplines:** Rose Scott & Marie Fletcher.

Explore how to create habits and patterns that can transform your spiritual walk with Jesus. We will delve into three expressions of prayer-vocal, meditative, and contemplative.

4. **Parenting Elementary Children Discussion:** Moms, caregivers, and grandparents are invited to share challenges and victories on raising children in our world today.

### 5. **Service Project: New England Seafarers**

#### **Mission:** Ann Quinn.

Learn about the NESM and bring supplies for a mini-bag. Details will be emailed to you. Support the sailors who bring us so many needed products.



**WM Saturday Luncheon** – optional event: Share what you are doing while gleaning ideas of how others are connecting and caring for women. Do you want to start a Women’s Ministry or want to expand Women Ministries at your church? Lean in and lean on others. We will talk about what is going well and wishes for the future.

## Our Speaker

Jennifer Shaw is a Telly Award winning speaker, Amazon best-selling author, singer, songwriter and five-time Top 40 Billboard artist. Her ministry has been featured by Focus on the Family, Insight for Living, Family Life Today, Compassion International, Joni and Friends, and many more.



After being classically trained as an opera singer at the prestigious Manhattan School of Music, Jennifer became a professor of music at Cedarville University before she felt led into her current role as a speaker and contemporary musician. Her testimony includes tragedy and triumph, being both an adoptive and special needs parent, and losing her father to Lou Gehrig's disease. With the release of her fifth album, Nothing to Fear, her songs offer hope in any circumstance and also reflect her experiences on the mission field in Asia, Africa, Central America and the UK. [Jennifershaw.com](http://Jennifershaw.com)

Jennifer lives in Columbus, OH with her husband Nathan, her four youngest children, and her two crazy dogs. She also has two adult daughters, one in Chicago and one in college. She loves exploring with her family, hiking, and coffee to an alarming degree.

Visit our website at [www.eccwm.org](http://www.eccwm.org).