

# Saint Matthew Women's Retreat 2021

## A Holy Makeover: Transforming Relationships in Your Life Through the Holy Trinity

A Retreat focusing on starting Lent off right by taking care of yourself, spending time with God and in fellowship with other women to grow your relationship with God. This year will include breakouts on *Yoga*, *Mindfulness/Meditation*, and *Note-Card Crafting* (including special cards for shut-ins). Friday evening options include a guided, candlelit outdoor labyrinth meditation, outdoor stations of the cross, or an indoor silent meditation in the Chapel. The coveted door prize tradition will continue.



Limited numbers due to Covid so  
get your registration in soon!

**Friday February 26 – Saturday February 27<sup>th</sup>**

**Fee:** \$60 for Retreat Only or \$100 with Overnight Stay (includes Friday evening social, breakfast and lunch, and option for overnight accommodations at the lovely and peaceful Fatima Retreat House)

**BACK BY POPULAR DEMAND...Presenter Sister Kathleen Yeadon, OSB**

Sister Yeadon has been a member of Our Lady of Grace Monastery since 1991. Most of her work career has centered around youth as a Youth Minister and a high school teacher. She taught Sacred Scripture for nineteen years and Social Justice topics for seven. Sr. Kathleen worked for Indy Reads in downtown Indianapolis in adult literacy. She now serves as Outreach Coordinator for Providence Cristo Rey High School. Sister Kathleen has a Master's Degree in Monastic Studies and thoroughly enjoys reading a variety of monastic authors and writers. Her free time includes writing poetry and hiking.

### Tentative Agenda:

- Friday, February 26<sup>th</sup> - Welcome and Settle In; \*Evening Session; Social (\*Dress for the weather if you would like to participate in one of the two outdoor options being offered.) 6:00-9PM
- Saturday February 27<sup>th</sup> - Mass in Chapel (optional); Breakfast; Morning Session; Breakout 1; Lunch; Breakout 2; Afternoon Session; Closing Session 8:30AM-4PM [Detailed agenda provided upon registration]

If you have any questions, please contact Christy Gauss [christygauss@gmail.com](mailto:christygauss@gmail.com), Ruth Vogelgesang [rav561@comcast.net](mailto:rav561@comcast.net), Michele Smith [mms4bsu@sbcglobal.net](mailto:mms4bsu@sbcglobal.net), Martha Marshall [suntrains@aol.com](mailto:suntrains@aol.com), Ashley Scott [ash\\_pt23@hotmail.com](mailto:ash_pt23@hotmail.com), Mary Fran Mahin [uthemahin@gmail.com](mailto:uthemahin@gmail.com), Hilary Steinhardt [thstein94@att.net](mailto:thstein94@att.net), or Jackie Noll [janoll@sbcglobal.net](mailto:janoll@sbcglobal.net). Return form to Parish Office or Jackie Noll at 6805 Cricklewood Road, Indianapolis, IN 46220.

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### 2021 Women's Retreat Registration – February 26th & 27th

Please print clearly...

Name \_\_\_\_\_ Phone \_\_\_\_\_

Street Address \_\_\_\_\_ Email \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Special dietary or other needs: \_\_\_\_\_

Check One:  Retreat + Overnight Stay \$100       Retreat Only \$60

All guest will have their own room and bathroom unless from the same household.

(Please attach payment to registration form. You will be confirmed when payment is received. If the cost for the retreat is a hardship, please make a note of that as a few scholarships will be available.)

# COVID Precautions and Protocols During Retreat

Fatima has made several changes to keep all guests and staff safe. They have been fortunate to still have several groups over this difficult time and learn what works best for guests. So far, the retreats that have been held there have been safe and successful.

Some things they are doing:

- \* Stepped up cleaning routine
- \* Masks required in all common areas unless actively eating or drinking
- \* Meals no longer served buffet style; one server serves out of the kitchen window
- \* Currently only allowing 4 people per table in the Dining Room at meal times
- \* Tables in the conference room are appropriately distanced and sanitized
- \* Hand sanitizer available in all conference rooms
- \* Everyone's temperature taken as they enter the building on first day of their retreat
- \* Everyone who enters the building must sign a health assessment/waiver stating they have not tested positive, been in contact with someone who has tested positive, or shown any symptoms of COVID-19 in the last 14 days. (These waivers are also used for contact tracing)
- \* Limited to 50 total people from a group in the house at a time (**Women's Retreat limited to 30 plus planning committee**)
- \* Only one person allowed to stay in a bedroom (unless they are from the same household)
- \* Every 2 bedrooms share a bathroom....trying to limit that as much as possible (**No one for Women's Retreat will share a bathroom**)
- \* Guests only asked to strip the bed and throw sheets down laundry chute on the last day (no remaking of the beds by guests); Housekeeper only one making beds and cleaning in between groups

The tables in the meeting space will be adequately separated and allow only four participants per table to keep safe social distancing. The events being held in the Chapel will also accommodate social distancing. Masks will be required at all times unless actively eating or in your overnight room by yourself. We certainly understand if you do not feel comfortable joining us for an in-person retreat. Please know we are taking all necessary precautions to keep participants safe while coming together to feed our spiritual souls. We encourage you to reach out to a committee member (see registration form) if you have any questions regarding the Retreat.