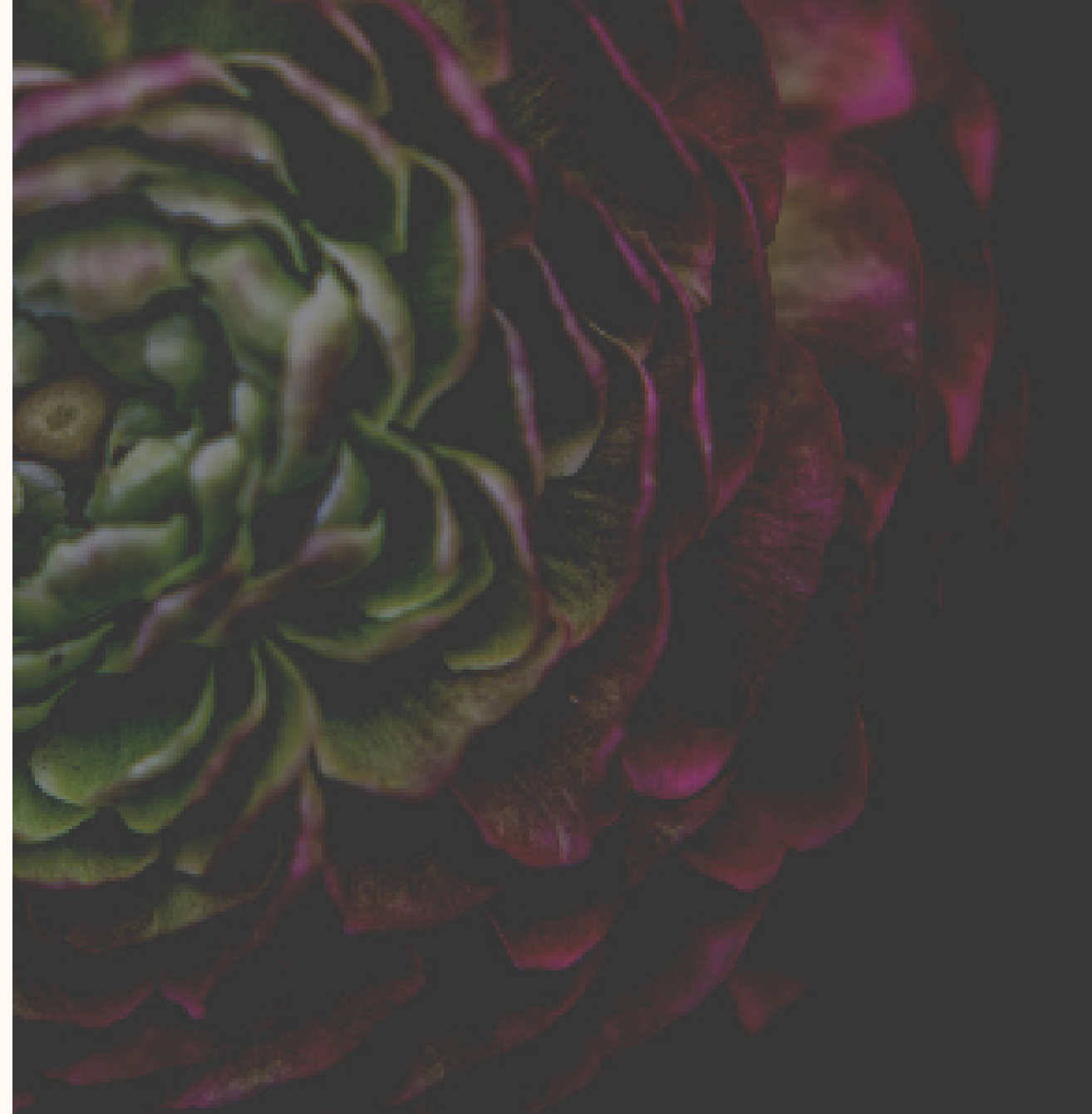


UR Ladies Retreat



VIRTUAL GUIDE



“Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.”

JESUS (MATTHEW 11:28-30)

SCHEDULE:



Session 1 | Friday evening from 8:00pm - 9:15pm

Session 2 | Saturday morning from 9:00am - 10:30am

Session 3 | Self Guided

Session 4 | Saturday evening from 8:00pm - 9:15pm

SESSION 1 | FRI. 8PM

LINK TO RECORDED
SESSION

SUPPLIES NEEDED:

1. Computer, tablet, or phone
2. Journal & pen (optional)
3. Yoga Mat (optional)
4. A few candles (optional)




**LINK TO RECORDED
SESSION**

SUPPLIES NEEDED:

1. Computer, tablet, or phone
2. Journal & pen (optional)

SESSION 2 | SAT. 9AM



SESSION 3 | SAT
SELF GUIDED

**WE WILL BE SENDING
A SEPARATE GUIDE
FOR SATURDAY...**



**LINK TO RECORDED
SESSION**

SUPPLIES NEEDED:

1. Computer, tablet, or phone
2. Juice & bread (or other elements for communion)
3. Blank paper & markers/crayons

SESSION 4 | SAT. 8PM



WE ARE SO
THANKFUL YOU ARE
ABLE TO JOIN US FOR
ALL OR PARTS OF
THIS RETREAT. AND
WE ARE EXCITED TO
SEE WHAT GOD HAS
IN STORE.

If you have questions,
please email Katie -
katie@urminneapolis.org