



WOMEN'S RETREATS **manchester umc**

A weekend to explore The Hidden Commandment...

*"Love the Lord your God with all your heart, and with all your soul, and with all your mind...and you shall love your neighbor as **yourself**", Matthew 22:37-39 NRSV*

Guest speaker Pastor Ali Fields will help us learn how the scriptures guide us to Love Ourselves a commonly skimmed over part of the commandment. Join us to learn, develop friendships, and relax at Toddhall.

Preliminary Program

Friday

Check In 5:00 PM

Dinner 6:00 PM

Scriptural Foundation for Self-Care

Evening Social Time

Saturday

Three sessions followed by breakout groups for further discussion or free time: Nature Walks, Labyrinth, outdoor activities, puzzles, coloring, napping.

Evening Games and Social Time

Sunday

Reflection/Sharing/Q&A

Closing Worship/Communion

11:00 AM Departure

October 3-5, 2025

Toddhall Retreat Center

Columbia, IL

<https://manchesterumc.org/events/retreat/>