

A Day By the Fire

A Grace Lab Women's Retreat for FUPCDC
for Seasons of Change & Transition
Saturday, May 18th, 9AM-12PM



"Do not remember the former things or consider the things of old. See, I am about to do a new thing..." Isaiah 43:18



First United Presbyterian Church of Dale City, VA

WOMEN'S RETREAT

May 18, 2024

8:30 AM – Light Breakfast

9:00 AM – 12:00 Noon – Retreat

Cost: FREE!



Register: www.fupcdc.org



SPEAKER: Rev. Emilee Williams, a Presbyterian Church (USA) pastor and trained spiritual director. Emilee founded The Grace Lab in 2020 to design and facilitate retreats for faith communities during the pandemic. In the four years since, it has continued to grow and thrive, coming alongside communities with workshops, retreats, and spiritual direction opportunities. Grace Lab retreats are known for their thoughtful research, honest and engaging material, and creative facilitation. Emilee is an alum of Princeton Theological Seminary and Oasis Ministries for Spiritual Direction, where she was trained in Ignatian spirituality. She also holds a certificate in Spiritual Entrepreneurship from Columbia Business School and Glean Network. In addition to the Grace Lab, Emilee serves as Associate Pastor of Fairfax Presbyterian Church in Northern Virginia. She lives in Arlington, VA with her husband, a theological librarian, and young son, Oliver.

Richard Rohr writes,

“Much of the Christian religion has become ‘holding on’ instead of letting go. But it seems to me, God does the holding on (to us!), and we must learn the letting go.”

Richard Rohr is right! No matter how much practice we have, embracing change and releasing control are hard. But even so, changes and transitions of all kinds are realities in our lives, families, faith, church, community, and world nonetheless.

This meaningful morning retreat, "A Day By the Fire," invites us to navigate changes in our life together by remembering God's love that's unchanging.

Indeed, before Isaiah declares God is “about to do a new thing,” in Isaiah 43 he first reminds his community of God's promises to them in the midst of transition: “when you pass through the rivers, they will not sweep over you ... when you walk through the fire, you will not be burned.”

Guided by God's promises in Isaiah 43 and facilitated by Rev. Emilee Williams of The Grace Lab, "A Day By the Fire" uses creativity, movement, contemplation, and conversation to practice letting go, making room, and trusting in the God who holds us through it all. **Hope you can join us May 18, 2024!**

