

NOVEMBER 22-25, 2024

New Worshipping Community Cohort Retreat Jekyll Island



**Connecting
NWC Leaders**



Sabbath Rest



**Spiritual
Awareness
Discovering**

**Golden Isles
Spiritual Trees**

We hope you are in great spirits. On behalf of Nurturing Moments Cohort we extend our deepest gratitude for the generous grant awarded to each one of us; Sarah Lane, Angela Wyatt, and Gina Brown. Your support has made a profound difference in our lives. Thanks to your generosity, our Cohort was able to take a much-needed retreat to Jekyll Island, GA from November 22nd to November 25th, 2024. This time away was not just a break from our hectic ministry work; it was a transformative experience filled with relaxation, reflection, and rejuvenation. We spent our days journaling by the beach, enjoying excursions, and biking through beautiful landscapes. Each moment allowed us to reconnect with ourselves and each other. Through this grant, we learned the invaluable lesson of taking a true sabbath rest- one that nourishes both the body and soul. The laughter we shared and the peaceful moments we experienced have left lasting impressions on all of us. It reminded me of the importance of self-care and community support in our ministry. Thank you once again for your kindness and belief in our mission. Your support has not only uplifted us but has also inspired us to continue our work with renewed energy and passion.

With heartfelt appreciation

Rev. Sarah Lane, Dr. Angela Boyd Wyatt, NWC Gina Brown

Themes for our Cohort Retreat:

Connecting As NWC Leaders

We connected as NWC leaders by sharing meals together and sharing our journey as leaders.

Connecting With God In Nature

We connected with God in nature as we observed the vastness of the ocean, watched sunrises and sunsets and explored the beautiful island on bicycles.

Meditation For Clearing Congested Energy

We started and ended our days with meditation and positive affirmations.

Journaling Spiritual Practice

We reflected on our Sabbath Rest experiences through creative journaling.

Digital Vision Board Spiritual Practice

We shared vision board ideas relating to self care and nurturing our spiritual lives.

WE DISCOVERED THAT NURTURING MOMENTS CAN HAPPEN IN AMAZINGLY UNEXPECTED WAYS. OUR TOUR GUIDE SHARED THE HISTORY OF ST. SIMONS ISLAND'S TREE SPIRIT "THE MERMAID." IT WAS CARVED BY ARTIST KEITH JENNINGS. HIS ARTWORK IS INSPIRED BY THE SPIRIT OF THE TREE. THERE ARE ABOUT 20 TREE SPIRIT CARVINGS SCATTERED AROUND ST. SIMONS ISLAND.



JOURNALING AS A SPIRITUAL PRACTICE

BY GINA BROWN



VISION BOARDS SPIRITUAL PRACTICE



THE MERMAID TREE