

Dear Beloved Friends and Family,

Grace and peace to you in the name of God our Creator, Christ our Redeemer, and the Holy Spirit, our Sustainer and Comforter.

It is with joy and deep gratitude that we invite you to join us for a special two-day wellness retreat:

Beauty for Ashes: Healing Through Creativity, in honor of mental health and holistic wellness.

- **Friday, September 19, 2025, at 7:00 PM (via Zoom)**
- **Saturday, September 20, 2025, from 9:00 AM – 12:00 PM (in-person)**

We know that many of us have weathered life's trials and burdens—some visible, some hidden. Yet, even through the storm, we are called to the courageous work of healing: to *unmask our pain and rediscover our beauty*. This retreat is created as a sacred space for those who are weary, those who are searching, and those who simply need rest, renewal, and reconnection.

You can expect a weekend full of **empowering workshops, inspirational messages, heartfelt reflections, gifts, and community fellowship**. Through both joining virtually and in person, this gathering will offer resources to uplift your mind, body, and spirit.

We are guided by the promise in Isaiah 61:3:

*"To bestow on them a crown of beauty instead of ashes,
the oil of joy instead of mourning,
and a garment of praise instead of a spirit of despair."*

God created you with care, intention, and purpose—calling you “very good” and naming you “beloved.” This retreat is your invitation to take off the mask, step into wholeness, and celebrate the unique light within you.

Registration information is as follows: To begin, please pre-register by submitting your registration form either by:

Mail: Clinton UMC, 10700 Brandywine Road, Clinton, MD 20735

Email: cumcmd@verizon.net

Payment Options:

- Zelle: **cumcpg@gmail.com**
- CashApp: **\$ClintonUMChurch**
- Check payable to **Clinton UMC** (please write “Beauty for Ashes Retreat” in the memo)

Early Bird Registration: \$20.00 per person (deadline: August 30, 2025)

After August 30th: \$25.00 per person

Once your registration is complete, you will receive a confirmation email. Please make sure we have your correct email address.

Encouragement, Reflections, Exercises, and Workshops:

*The Puzzles of Our Heart * Roses Can Grow Even in Concrete *I am Light
*Overcomer *Diamond, Pearls, and Sandpaper *Raffle prizes and other surprises.

We look forward to welcoming you into this sacred time of healing, creativity, and connection. Come just as you are – and leave encouraged, affirmed, and restored.

With love and resurrection hope,

The Beauty for Ashes Retreat Team

Rev. Melaina Trice
Clinton United Methodist Church

Rev. Sheila Holmes
Liberty Empowerment Church