

Hello everyone!

Here's a summary of our meeting on **July 7**: We started @12:05pm and ended @ 1:45pm  
16 attendees

**Handouts: Women's Retreat Flyer from Mickey**

**The Women's Group Binder was shown to all to access previous notes and is available in the Women's Group Mailbox for reference.**

1) Mickey handed out the Women's Retreat Flyer. We all voted to allow other women outside of Unity to attend via personal invitation (via the flyer) and word of mouth.

2) Bobbi took us into an opening prayer

3) Laura took us into a Positive Thinking Meditation

4) Mickey lead discussion about the Women's Retreat on Saturday September 7, 2024 at the Holmstad in Batavia. Cost will be \$40 per person which covers morning snack, beverages, and lunch. 15 minute blocks of individual massage therapy is in the works and might be offered for an additional cost-this is still being worked out. Present group members were asked if they'd like to contribute leading 'an activity' for 15 minutes (for 2 "rotations", so ½ hour volunteering leading an activity) so they can still enjoy other activities during the day themselves. You'll be able to sign up for the retreat at our August meeting and afterward. Payment is required when signing up, as well as ranking your activity choices so we can plan/organize groups. If you want to volunteer an activity, email or speak with Mickey asap.

*Detailed info. about the retreat day will be sent via email shortly.*

5) We had a nice discussion around "Share a time when you surprised yourself, and changed your thinking about something (a relationship, a situation, a belief system, about a person, etc.)."

6) Maria closed the group in prayer and gratitude.

Here's upcoming activities that you can sign up for:

\*Wanda and Pam organized a Water Meditation at Susan Whol's house (private pool). This idea originated a few months back and if you signed the sign up sheet for it, you already got email notice. If you didn't sign up ahead of time, the details are as follows:

Where: At Terry & Sue Wohl's  
36W210 River Grange Rd  
St. Charles IL 60174

When: August 10, 2024

Time: 1:00 - 2:00 p.m.

RSVP to Wanda Faye (asap), and you'll need your own pool noodle or board to float for the meditation. The dollar store or Walmart carries these things inexpensively.

\*Wanda suggested a Kane County Cougars Game as a fun outing. *This is happening* with the whole church invited, at \$9 a ticket for August 2<sup>nd</sup> (evening). See Mary Norwoozi for details and sign up. Also in the church bulletin.

\*Susan Renard mentioned that Wanda and her would like to start a **walking group** (perhaps in August?). Weather dependent, expect to walk 1-5 miles, locally, meeting up at Unity parking lot or similar. Dates/times TBD, can even walk after church services on Sundays. Please email or speak with Wanda Faye or Susan Renard if you are interested.

\*Mary Norwoozi and company are going to see an ABBA show at Blackberry Farm this Thursday July 11, starts 7pm. Let her know if you want to join in the fun. Tickets are self-pay.

Meeting notes by Laura Schreiner

Next meeting scheduled for **Sunday August 11<sup>th</sup> at Noon.**

**There will be NO Women's Group meeting in September due to the Women's Retreat.**