

## BOOKING FORM - Book by 31<sup>st</sup> October

Name.....

Phone.....

Address.....

.....

Email.....

Dietary/Specific requirements

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**Please tick from the following** and enclose a cheque/bank draft payable to Mothers' Union, Cork, Cloyne and Ross

- Full Weekend – 2 nights/shared basis  
*(includes 2 breakfasts, 1 lunch, 2 evening meals, conference activities and use of leisure facilities)* .....€170
- Single supplement .....€25
- Saturday ONLY.....€40  
*(includes lunch & workshops but not evening meal)*
- Saturday evening meal.....€30

**Name of person** you would like to share with

.....

If you'd like to come, but finance is a problem  
– please contact Patsy in confidence  
at 087-6413559

## PROGRAMME *(subject to change)*

### **Friday:**

4-6 pm Arrivals/Registration  
6.00 Welcome/Introductions  
7.00 Supper  
8.30 **Guest Speaker**  
9.00 Fun time!!  
10.00 approx Evening prayer/worship

### **Saturday:** (prayer stations/quiet room available)

8.00-9.00 Breakfast  
9.30 Worship/Meditation  
10.00 **Guest Speaker**  
11.00 Coffee break  
11.30 -1.00 Workshops (1&2)  
1.00 Lunch followed by free time  
4.00 Tea available  
4.30-6.00 Workshops (3&4)  
6.30 Dinner  
8.00 **Guest Speaker**  
8.30 Evening prayer/Worship  
....followed by entertainment/bed!

### **Sunday:** (prayer stations/quiet room available)

8.00-9.30 Breakfast  
10.00 **Guest Speaker**  
and Thank you/closing slot  
11.00 Coffee break  
11.30 Holy Communion Service  
.....and then home.



## WOMEN'S CONFERENCE

# "Together We Grow"

22<sup>ND</sup> – 24<sup>TH</sup> NOVEMBER 2013

GARRYVOE HOTEL and LEISURE CENTRE,  
CASTLEMARTYR, CO. CORK



## EVERYONE WELCOME

### Guest Speaker: **Catherine Kyte**

For booking forms contact Oriel at  
(028) 28249 or [musecccr@gmail.com](mailto:musecccr@gmail.com)  
or Hilary at [rhdring@eircom.net](mailto:rhdring@eircom.net)

**Mothers' UNION**  
Christian care for families

## Guest Speaker – Cathy Kyte



I grew up in Birmingham but moved to Wimbledon at eighteen to train as a teacher. I've been married to Malcolm for thirty three years and we have three children Ben, Andrew and Joanna. We also now have two lovely daughters in law; Lizzie and Sarah. We live in South East London where Malcolm is on the leadership staff of a large, multi-site church. I've been part of the Mothers' Union Faith & Policy Unit as Faith Support Officer since April 2009, and it is my dream job! Before this I worked for our former church overseeing the Children's Work. I also worked freelance for Kingsway on their Children's Ministry Editorial Team, creating and developing children's work resources. I'm an avid supporter of AFC Wimbledon - Malcolm and I have season tickets. There we've known great success on the field, met some fascinating people and learned lots of new words, none of which would be suitable for a Mothers' Union publication!

## WORKSHOPS

Choose **one session each** from morning and afternoon and mark which ones you have chosen to remind yourself when it comes to the weekend!!

### Morning workshops

#### **Workshop 1** Cathy Kyte

**'Growing in faith'**...an informal time of encouraging each other through sharing experiences of God's love and tips as to how we nurture our faith.

#### **Workshop 2** Olivia Howe

**'Art Workshop'**... we will be sticking, stitching & painting to create pieces of art which will reflect the growth and changes in our individual Faith Journeys. We will use organic materials such as leaves and flowers as well as fabric and paint & paper. I hope you will all enjoy my workshop and that you will also use the time while you are creating, to reflect on your own past experiences and how God continues to help you to grow in faith through your whole life.

### Afternoon workshops

#### **Workshop 3** For garden lovers

**'Growing in our Gardens'**...horticultural and heavenly hints and suggestions to learn and share!

#### **Workshop 4** Jennifer Kingston

**'Tools for Togetherness'**...in this introductory workshop Jennifer will use her Psychology Coaching skills by enabling each participant to relax the mind, body and spirit which, when balanced, puts us in perfect harmony.

\***Mind growth:** Affirmations, Positive Thinking, Mindfulness

\***Body growth:** Balanced Nutrition, Exercise, Massage

\***Spiritual growth:** Meditation, Prayer, Retreats

For some of you NEW introductory techniques will be explored such as mindfulness, massage, and prayer therefore Joy awaits!!

*\*A towel is required for each participant – please do not be put off by this!!*

## WORKSHOP CHOICES

Please tick one each from morning and afternoon

### Morning workshops

Workshop 1

Workshop 2

### Afternoon workshops

Workshop 3

Workshop 4

.....  
Please return this form along with **non-refundable** payment

**by 31st October at the latest**

to:

The Diocesan Secretary  
(Oriel Lester)  
Altar Rectory,  
Toormore,  
Goleen,  
County Cork

If you need to contact Oriel her phone number is (028)28249 and her email address is:

[museccr@gmail.com](mailto:museccr@gmail.com)