



## GNW AREA ETHNIC MINISTRIES RETREAT

# Retreat, Relax & Renew

We invite you to a time of "being, not doing."

*Registration for the Ethnic Ministers Retreat is now open. Space is limited, so first come, first served. The space is based on double occupancy. Please add a note if you know who you want to room with.*

***Check-in is at 4 p.m. on Monday, April 1, 2024.***

***Check-out is at 10 a.m. on Wednesday, April 3, 2024.***

*Alton L. Collins Retreat Center requests that all participants complete a Guest Information Form to help them prepare for our event. Please follow the link below and complete this form by March 18th to ensure you have enough time to arrange any accommodations (including dietary and disability requirements). Thank you for sharing this information so that you can be appropriately cared for and we can focus on our time together.*

[https://gnw-reg.brtapp.com/EthnicMinistriesApril2024.](https://gnw-reg.brtapp.com/EthnicMinistriesApril2024)

*If you have any questions, please get in touch with Rev. Dr. Troy Lynn Carr at [coem@pnwumc.org](mailto:coem@pnwumc.org) or Kathy Hogg at [khogg@pnwumc.org](mailto:khogg@pnwumc.org).*





**Opening Worship  
Preacher**

Rev. Grace Ncabani  
Mmujuri  
Allen United Methodist  
Church, Bow, WA.



**Closing Worship  
Preacher**

Rev. Hubert Rigor  
West Highlands UMC,  
Kennewick, WA

**AGENDA**

**Monday, April 1, 2024**

- 4 p.m. Check-in
- 4:50 p.m. Welcome
- 5 p.m. Opening Worship
- 6 p.m. Dinner

**Tuesday, April 2, 2024**

- Retreat, Relax, and Renew
- 8 a.m. Breakfast
- 10 a.m. Sound Bath Meditation
- 11-4:30 p.m. Massage Therapy  
(10 min. each)
- 12 p.m. Lunch
- 4 p.m. Bishop's Address
- 6 p.m. Dinner
- 7 p.m. Fireside Chat
- Silent Walks, Prayer & Breathing  
Stations, and Arts & Crafts are  
available All day.*

**Wednesday, April 3, 2024**

- 8 a.m. Breakfast
- 9-10 a.m. Checkout
- 10 a.m. Closing Worship & Communion

**MEET SUSY  
MOJICA**

She is the Owner of Rest & Restore Mobile Massage LLC. She believes that massage fosters self-awareness, empowers well-being, and highlights the importance of consent. She specializes in low back pain relief, hip and shoulder mobility optimization, and neck tension reduction. She customizes sessions for your relaxation and physical well-being.



**MEET  
CATHERINE  
BRAXTON**

She is a Massage Therapist and Doula with multiple certificates in healing. She is the founder of In Search of A Garden: Birth & Bodywork LLC and began the journey of combining Full Spectrum Doula care with Bodywork, Yoga, Dance & herbal knowledge. Her priority in this work is to encourage resilience and community care within groups of the global majority to help heal the hurt of colonialism.



**HI! MY NAME  
IS OLIVIA.**

I began my journey as a practitioner by offering harp in hospice settings, where I discovered my true calling: using sound and vibration medicine to help heal unprocessed trauma - enhancing quality of life before reaching the final days and creating positive ripples for future generations.

