

American Baptist Women's Ministries of Rhode Island

# *"Spiritual Retreat"*

*via Zoom*

*"Are You Your Old Self?"*

*Saturday, October 17, 2020*

*1:00 - 3:00 pm*

*You are invited to log on early  
(at 12:30 pm)  
for a time of fellowship before the event begins*

*Chaplain, Major General Lorraine K. Potter  
USAF Retired*

*will be joining us as Bible Study Leader*

*Our Scripture focus will be based on  
Ephesians 4: 22 - 24*

*\*\* plus \*\**

*Faith Testimonies*

*Music*

*A Time For Reflection*

*(short) Business Meeting*

*(see next page for log on information)*

## Join us using the following information -

Spiritual Retreat Zoom link - <https://ministrelife.zoom.us/j/3059170218>

If joining by phone, dial 1-646-558-8656, then when prompted, enter the meeting ID: 305 917 0218, followed by the # sign

**If you are new to “Zoom”, there will be an opportunity to “test” the connectivity on Monday, October 5, at 7:00 pm.**

**First, download the “Zoom” app to your phone, then use the same information above to join the test.**

If you are joining by phone, you will not be able to see our “Reflection” questions. An email will be sent prior to the event with the questions for you to reference.

**Invite the women and girls of your congregation to join in the experience.**

**You may also want to have a small group from your family or church come together to experience the retreat.**

### **Helpful ideas to make the retreat a meaningful experience:**

- be in a quiet area of your home where you can be undisturbed for the two retreat hours
- have a light source in front or slightly to the side of you
- have a pen, paper and your Bible close by
- if possible, have your monitor, laptop, tablet or phone at the same height or slightly higher than your face for our best view of you
- make sure your zoom video is on (“unmute” is in the lower left zoom screen)
- everyone will be muted at 1:00 pm and only the speakers will be unmuted. If you join prior to 1:00 pm, you will be able to speak with others.