

Lay Employees Retreat

13—15 June 2022

Wydale Hall, Scarborough

Exploring 8 Pillars of Wellness

Relational / Mental / Emotional
Physical / Spiritual / Professional
Financial / Community

Open to all Lay Employees in the
Yorkshire Plus and North East Learning Network Regions

Cost:

- En-suite room - £200
- Dormitory accommodation - £150
- Day visit - £75

Districts will subsidise the cost of this by half
for those who have not already taken part in a Regional Retreat this year.

Register here: <https://220613layretreat.eventbrite.co.uk>

Deadline - 5 April 2022 to confirm a place

A Gathering of Lay Employees in the Methodist Church
across the Districts in the Yorkshire Plus and North East Regions
*(Sheffield, Yorkshire West, Yorkshire North & East, Newcastle-upon-Tyne and
Darlington)*

Programme:

Monday 13 June

Arrive from 12 noon for **1pm lunch**

2 – 3:30pm Session 1 – Emotional Wellness – How you feel

4:-5:30 pm Session 2 – Professional Wellness – What you do

6:00 pm– evening worship (Spiritual wellness)

6:30pm Dinner

8-10:00pm – Social (Relational Wellness) – How you connect

Tuesday 14 June

8:45am – breakfast

9:30-11:00pm – Session 3 – Mental Wellness – What you think

11:30-1:00pm – Session 4 – Finance Wellness – What you have

1pm – Lunch

Afternoon – Trip to Scarborough (Physical Wellness)

6:00pm – evening worship

6:30pm BBQ

8-10:00pm – Social (Relational Wellness) – How you connect

Wednesday 15 June

8:45am – breakfast

9:30-11:00am – Session 5 – Spiritual Wellness – Values and how you treat others

Coffee

11-30-1:00pm – Session 6 – Community Wellness – What you contribute

1pm – Lunch and depart

In addition to the programme above there will also be opportunities to discuss Wellbeing, Lay Employment, Pioneering, Coaching and Spiritual Accompaniment, as well as other activities such as yoga/Pilates, bread making, paper crafts etc.