



*Women's Wilderness Weekend of Rhode Island 1975-2024*  
**Spring Weekend**  
**May 3-5, 2024**



**Women's Wilderness Weekend** is a non-denominational, non-profit organization offering programs where women 18 years and older can join together to connect with themselves, each other, and nature.

**Our purpose is to:**

- Provide an opportunity for women's self-development through classes, recreation, and fellowship.
- Offer a safe, non-competitive, nurturing environment for women.
- Offer a variety of courses over the weekend that will educate, entertain, and challenge the participants.
- Afford women the opportunity for self-motivation, empowerment, and nourishment.

**Episcopal Conference Center**  
**872 Reservoir Road, Pascoag, RI**

The beautiful, sprawling farmhouse at the Episcopal Conference Center is a perfect spot for unwinding, relaxation, and renewal. Enjoy the sunrise or sunset with a cup of tea or coffee on the spacious porch, relax in one of the many comfortable seating areas, sit by the fire in the rustic barn, the weekend is yours!

The retreat center is drug and alcohol free and handicap accessible. Lodging is dormitory style with several shared bathrooms with showers and all bedding and towels will be provided for you.

Meals are served in the dining room. Vegetarian and gluten free options are provided, upon request.

**Weekend Schedule**

**Friday evening** begins with 5 PM check-in and a light supper. At 7 PM, there will be a short weekend orientation. After orientation, get to know other participants, take a group night hike, watch a movie, read a book, make something at the craft table, turn in early, the choice is yours.

**Saturday** – There are morning and afternoon classes and plenty of free time for exploration, hikes, and relaxation. Following dinner, there will be a drawing to benefit the Leslie Scott Memorial Scholarship Fund.

**Saturday Evening Entertainment** – Join the Ladies of the Rolling Pin for a celebration of Spring!

**Sunday** – Morning classes are followed by a closing circle and lunch.

There will be a **Women's Marketplace** – an area of items for sale (on the honor system) made by the women attending the weekend. Anyone is welcome. Items must be handmade and a portion of the profits donated to the Women's Wilderness - Leslie Scott Memorial Scholarship Fund. To be included in the Marketplace, participants must contact us at [WWWofRI@gmail.com](mailto:WWWofRI@gmail.com) prior to the weekend.

**Services Available by Appointment include: Massage—Reflexology—Tarot & Intuitive Readings**

**(\$75 (Massage/Reflexology), \$18 (Tarot), or \$25 (Intuitive) fee paid directly to practitioner)**

We sincerely hope you can join us for the upcoming May Women's Wilderness Weekend. A great weekend is planned for this spring! The weekend begins on Friday, May 3, 2024 at 5PM with registration in the farmhouse. Please try not to arrive earlier than 5 pm. Your lodging is provided in rooms in the farmhouse which are assigned based on your response on the registration form. Your room assignment will be given to you when you sign in and will be open at that time for you to get settled in. A light supper will be available. Opening activities and orientation begin at 7 pm.

During the day on Saturday, you choose how to spend your time— Attend your chosen classes, enjoy a massage, take a walk, read, or simply relax! **Breakfast is at 8 am. Classes begin at 9 am. Lunch is at noon. Classes begin at 1:30. Dinner is at 6 pm.**

**Saturday night, after dinner, there will be a drawing benefiting the Women's Wilderness - Leslie Scott Memorial Scholarship Fund. There will be several beautiful themed baskets for the drawing. Tickets are sold for \$1.00 each or 6 for \$5.00.**

Entertainment starts at 7:30: **Join the Ladies of the Rolling Pin for a celebration of spring!** It will be a night of music and Morris Dancing - a ceremonial style of folk dance which dates back to medieval times - to celebrate spring! Bring some dancing shoes and celebrate with us! The Ladies of the Rolling Pin is one of only a few all-women's Border Morris dance teams. They have been stirring things up in Rhode Island since 1998 with just the right mix of leavening and levity and never fail to get a rise out of audiences with their well-seasoned style, energy, and music.

**Sunday morning's breakfast is at 8:30. Classes begin at 9:30. The weekend's activities conclude on Sunday afternoon, with lunch at 1:00.**

### **General Information**

#### **• Packing Suggestions**

- ◆ Comfortable shoes (and an extra pair) ◆ Warm Clothes (Classes are held in all types of weather) ◆ Flashlight ◆ Ear Plugs (Could be snorers in the room!) ◆ Water Bottle ◆ Toiletries (toothbrush, toothpaste, soap, shampoo) ◆ Sunscreen ◆ Games ◆ Book/CD/DVD for Swap ◆ Musical Instrument ◆ Pillow/chair/blanket for sitting by the fireplace in the barn
- **Meals are served in the dining room at 8:00 am, 12:00 pm, and 6:00 pm. (Sunday at 8:30 and 1:00)** Fruit, snacks, and coffee/tea/water are available throughout the weekend. If you have any special dietary needs, please note this on the registration form so we can accommodate you during the weekend. Feel free to bring a water bottle with you to refill. There is a refrigerator available, so you can bring your own **non-alcoholic** beverages, and we suggest you label them with your name.
- At each weekend event, we select a **service project** in order to help others in need. This weekend we will be collecting items for the Providence Animal Rescue League (PARL) (34 Elbow St, Providence, RI - <https://www.parl.org/>). They offer a pet food pantry so families in need can care for their family pets. Their wishlist items are: Wet & dry dog food; Cat litter; Wet & dry cat food; Small animal food pellets; 2 gallon plastic bags (sealable) (*Please note that food items can only be accepted if they are unopened.*) [Pantry Amazon wish list](#) & [General Amazon wish list](#)
- During the course of the weekend there is a Book, DVD, CD, & VHS tape swap. If you are interested in participating, please bring one or more Books, DVDs, CDs, and/or VHS tapes that you wish to swap and put it (them) on the swap table. Everyone who brings an item (or more) is welcome to take an item (for each one she brings). On Sunday, anyone can take as many of the items that remain on the table as they wish.
- In case of an **emergency** at home and you cannot be reached by cell phone, incoming callers should contact Joyce at (401)568-4055 x104.
- There are WWW items (sweatshirts, long and short-sleeved t-shirts, fleece jackets and vests, nightshirts, mugs, earplugs, etc.) available for sale during the weekend. Payment can be made by check or cash only.

Treat yourself to a breath of fresh air, tranquil surroundings, and activities that are good for the body, mind, and soul! Complete the registration form (**Make sure your class choices are designated!**) **electronically on our website or return via mail** as soon as possible. If the weekend attendance is full, a waiting list will be used. Please let us know if you have signed up but then are unable to attend, so we can take participants from the waiting list. Any woman who cancels 2-weeks prior to the weekend will receive a full credit, which can be used to return for another weekend within 1 year. Less than 2-weeks, a partial credit will be given. All classes will be assigned on a first come, first serve basis. We make every effort to get you in the classes you have chosen, but any **forms submitted after April 19, 2024 may have limited choices for class selection.** **Cost of the weekend is \$375.00\*, which can be paid in two installments, \$220 with registration and the remaining balance no later than the Friday of the weekend. (Note: A \$15.00 discount off each registration is offered for a group of 12 or more. The group rate at this time would be \$360.00\* per person and ALL registrations must be sent in the same envelope.) \*\$25 off the weekend price if your registration is postmarked by April 19!**

If you have any additional questions, please contact us at 401-213-9699

For scholarship specific questions or to apply (application deadline is April 19), please contact: Jess-210-415-2607 or Teresa-508-558-3919

*We look forward to seeing you at the weekend!*

## SCHEDULE OF CLASSES – May 4-5, 2024

On your registration, please indicate your class choices by using the letter that corresponds with the class.

Please register by the due date so that classes are not canceled due to lack of interest.

**\*\*\* Please note that classes are various lengths of time so participants can schedule their classes to accommodate services. \*\*\***

***YOU MUST WEAR APPROPRIATE FOOTWEAR AND CLOTHING FOR ALL OUTDOOR ACTIVITIES.***

### SATURDAY MORNING CHOICES (9:00 – 11:30)

**A. Birds and More! A Spring Nature Walk**

**2.5 hours**

**Outside/Active (Limit 15)**

Join Tracey Hall, from the Audubon Society, in a Discovery Walk around the ECC property to look for birds, spring flowers, and anything else using your senses to attune to nature and discover what's out there. Participants need to bring their own binoculars and field guides.

**B. Crystal Air Plant Hangers (9:00-10:30 a.m.)**

**1.5 hours**

**Inside/Leisure (Limit 10)**

Use a variety of beads, charms, chains and recycled jewelry to create a one of a kind Crystal air plant hanger. Air plants available for purchase for \$2.00-\$3.00. Instructor: Nichole Phelps Lantendresse

**C. Hooping (10:00-11:30 a.m.)**

**1.5 hours**

**Outside/Moderate (Limit 10)**

"DIY Hula Hoop & Hooping Basics" is a dynamic and creative class that guides you through the process of crafting your very own custom hula hoop. From selecting materials to personalizing your hoop, you'll learn the ins and outs of hoop construction. Once your hoop is ready, the class transitions into teaching fundamental hooping techniques, ensuring you can spin, twirl, and dance with your new creation. Instructor: Kameron Scampoli

**D. Memoir Writing Your Life**

**2.5 hours**

**Indoor/Leisure (Limit 10)**

Memoir writing creates a word-picture of who you are. Learn to capture your stories on the page in this introductory workshop on the art of memoir writing. Participants should be prepared to write and share. Please bring a notebook or journal to write in and to help you connect with your uncensored creativity. Digital devices are allowed. Also bring a photo to use as a potential springboard for your writing. Instructors: Mary Forman and Theresa Chamberland.

### SATURDAY AFTERNOON CHOICES (1:30 – 4:00)

**E. Spring Sightings Hike at George Washington Management Area**

**2.5 hours**

**Outside/Active (No Limit)**

Enjoy a vigorous hike in the George Washington State Management Area to look at sights of spring. Hike will be about 4-5 miles over varied terrain (hills, wetlands, rocks). Participants should wear rugged shoes, sunscreen, insect repellent, appropriate clothing, and a hat. At least one quart water is required and it is suggested that participants bring a small backpack to carry water, snack, phone, etc. Walking sticks can be very helpful so bring your own or plan to look for one on the trail. **Orange vests (available to borrow) or hats (available to purchase) are required. This hike leaves at 1:10 p.m. as carpooling is required.**

**F. Intention/Manifestation Candle Crafting**

**2.5 hours**

**Inside/Leisure (Limit 10)**

In this class, you'll be guided through the step-by-step process of creating your own candle and have the opportunity to customize it with herbs, crystals, and fragrance oils. Reiki will be available for those who want their candle to get an extra dose of intention. By the end of this workshop, you'll have a personalized manifestation candle infused with the energy of your intention and your unique personal touch. Instructor: Nichole Phelps Lantendresse

**G. Creating a Circular Spring Wreath or Centerpiece**

**2.5 hours**

**Inside/Leisure (Limit 10)**

Come create a circular wreath or centerpiece using natural materials such as; dried flowers, pinecones, evergreens, feathers, and wool roving. You will be able to personalize yours by choosing your own materials and color palette. Please feel free to bring something no larger than your palm, that doesn't weigh too much (crystals, bells, shells, etc., if you'd like), that could be hung or attached using thin wire, yarn, jute, or ribbon to embellish your creation. Instructor: Sondra Stone

**H. Artistic Rock Painting (2:30 - 4:00 p.m.)**

**1.5 hours**

**Inside/Leisure (Limit 10)**

Create a painted stone to keep for yourself or put out for someone else to find, which they can keep or replace in another location. *If you find a rock in a location, you may keep it, but paint another to replace the one you took, pay it forward.* Instructor: Christine Keene

### SUNDAY MORNING CHOICES (9:30 – Noon)

**I. Douglas State Forest Hike**

**2.5 hours**

**Outside/Active (No Limit)**

Ernie Germani will lead a hike around the Coffee House Loop Trail. The Coffeehouse Loop Trail is a 2.5 mile loop that traverses through a varying area of terrain as well as the Aldrich Saw and Grist Mill site. Enjoy the fresh Spring air and the awakening of the woods. **Orange vests (available to borrow) or hats (available to purchase) are required. This hike leaves at 9:15 a.m. as carpooling is required.**

**J. Vinyasa/Hatha Flow Yoga Class: Connect (9:30-10:30 a.m.)**

**1 hour**

**Inside/Moderate (Limit 12)**

Unroll your mat and dive deeper! This yoga session will help you connect to something bigger. Move the body, bring the breath, and flow through each pose, finding what feels good and letting go of the rest! This vinyasa/hatha flow mix is great for the lower back and stretching the entire body. Energize the mind, body, and spirit while creating strength and cultivating endurance and balance on and off the mat. Participants should bring their own yoga mat. Instructor: Melissa Furtado

## SUNDAY MORNING (cont.)

### K. Collaging Workshop (10:30 a.m. - 12:00 p.m.)

1.5 hours

Inside/Leisure (Limit 15)

Join Marie Snyder from the Creative Reuse Center of RI for some rejuvenating and relaxing time collaging. We will cut and paste our way through this healing and meditative art form. No experience needed and all materials provided! Instructor: Marie Snyder

### L. Bottle Cap Art

2.5 hours

Inside/Leisure (Limit 10)

Ellie Forte, from Art Box Studio in Harrisville RI, will guide artists in creating a beautiful unique piece of art using bottle caps. Turning recycled materials into art is not only good for the planet, but it can also be a fun and rewarding activity. Always encouraging the artists to go in their own direction if they feel it. Using the bottle caps as is or painting them the color of your choice, we will assemble on a piece of wood in a design that brings you joy! We will be using pliers, hammers, hot gluing, and possibly nailing caps to the board. Making recycled art is all about having fun and expressing your creativity. The sky's the limit when it comes to what you can create, so let's get creative!

### M. Cemetery Tour and Gravestone Cleaning Workshop

2.5 hours

Outside/Moderate (Limit 25)

The workshop will feature a history tour of the Hopkins/Marsh/Potter Cemetery on Howard Avenue in Pascoag. This will include gravestone conservation work done there. After the tour, there will be a gravestone cleaning demonstration. Participants will then get their hands dirty cleaning gravestones. Bring a small plastic bucket and a nylon kitchen brush and wear clothes that can get dirty. Instructor: Betty Mencucci **This workshop leaves at 9:15 a.m. as carpooling is required.**

### *A Weekend Makes a Great Gift!*

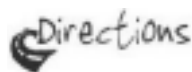


Women's Wilderness Weekend of RI  
Post Office Box 8686  
Cranston, RI 02920

**DISCOUNT FOR  
EARLY REGISTRATION**

## *Nature-Nurture-Retreat*

*Come and experience a unique weekend. Women of all ages and backgrounds have been enjoying Women's Wilderness Weekend for forty-nine years. These weekends offer an escape from the rigorous demands of modern living!*



**From points South:** Follow 95 North to I-295 N (Exit 28A) toward Woonsocket. Take Exit 12B off of I-295 N onto US-44 W toward Smithfield. Stay on Route 44 West for 11 miles and then turn right onto Reservoir Road. The destination will be .8 miles on the right.

**From points North:** Follow 95 South to I-295 S (Exit 6) toward Woonsocket. Take Exit 12B off of I-295 S onto US-44 W toward Smithfield. Stay on Route 44 West for 11 miles and then turn right onto Reservoir Road. The destination will be .8 miles on the right.

*Registration is inside the Farmhouse. Park in front, where the Women's Wilderness banner is, to unload before parking.*

### Visit us at:

- [www.womenswildernessri.com](http://www.womenswildernessri.com)
- "Like" us on [Facebook](#)
- "Follow" us on [Instagram](#)

**Save this Date:**

**Next scheduled weekend**

**October 18-20, 2024**

**Gift Certificates Available – Make Great Gifts!**

**E-mail us at: [WWWofRI@gmail.com](mailto:WWWofRI@gmail.com) for more information**

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