

Monday Evening:

Get-acquainted Activities
Music with Phyllis and Rusty
Ice Cream Social

Friday Morning:

Closing activities and dismissal

Other Available Activities:

Coloring Cards
Alone Time/Napping
Crafts
Disc Golf
Four Square
Games
Hiking
Quilting
Prayer Trail
Puzzles
Visit with Friends
Zentangles

This is your retreat - choose the activities that interest you.

Music Leaders:

Phyllis Dodd & Rusty Curling

Older Adult Planning Committee:

Bonnie Cheshire melvinch@aol.com
Everett Fisher everett@woodfish.net
Brenda Palsgrove brendapalsgrove@gmail.com

Registration includes 11 meals, 4 nights lodging, and program costs:

Lodge - \$400/person
Cabins - \$350/person
Tent - \$250/person

Day only attendance:

\$200/person (for whole retreat)
\$45/person/day (incl 2 meals)

Register at: <https://shepherdsspring.campbrainregistration.com/>



Located near Sharpsburg, MD, this retreat, camp, and global village center is a place where people of all ages come to unplug, reconnect, and grow together. Set on 220 acres of rolling land and wooded trails, this Church of the Brethren Camp has provided a welcoming space for the past 36 years.



CREATING PEACE . . .

Mid-Atlantic District
Older Adult Retreat
(50 and older)

Monday, September 14, 2026

Check in: 3:00pm-5:00pm

Friday, September 18, 2026

10:00 am retreat ends



Tuesday, September 15
Creating Peace with Neighbors



Resource Leader: Phyllis Dodd, LCSW
 Phyllis (Yvonne) Dodd lives in Greensboro, Maryland and is in private practice as a Licensed Bilingual Clinical Social Worker. She works primarily with Latino families in the area of domestic violence and childhood sexual abuse. Phyllis is a graduate of Juniata College, spending her junior year abroad in Barcelona, Spain through Brethren Colleges Abroad. She was a Peace Corps volunteer in Ecuador and has continued to build her social work skills over the years. She completed her Master's in Social Work from the University of Maryland in Baltimore. Phyllis has written a book: *Love Has No Borders*.

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- 9:30am •Morning Session
- 1:15pm •Field trip to Dunker Church – Dennis Frye
- Global Village Tour – J. Clister
- Service Project
- 3:30pm •Trauma Art – P. Dodd
- 6:30pm •Fundraising Walk Supporting Deportation Defense Fund or Shepherd's Spring
- 8:00pm •Campfire

Wednesday, September 16
Creating Peace with Creation



Resource Leader: Doug Ruby
 Doug Ruby lives in Rockingham, Virginia and taught undergraduate and graduate ecology courses for 39 years. His outdoor teaching experience started at Camp Swatara while in college. He has been a naturalist, nature program leader or resource person over many years for Camp Swatara, Camp Mardela and Shepherd's Spring. He is an avid birder and has led adult birding events with his wife Sally for more than 40 years. He graduated from Gettysburg College and earned a doctorate in Zoology at the University of Michigan. Doug grew up in the Westminster Church of the Brethren.

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- 7:00am •Birding – D. Ruby
- 9:30am •Morning Session
- 1:15pm •Presentation & Seed Collecting – Antietam Conococheague Creek Watershed Alliance – Susan Simonson
- C&O Canal Hike – D. Ruby
- Service Project
- 3:30pm •Hidden Life of Trees – J. Clister
- 6:30pm •Evening Birding – D. Ruby
- 8:00pm •Campfire
- 8:30pm •Night Hike – Dave Evason
- Stargazing – D. Ruby

Thursday, September 17
Creating Peace with Ourselves



Resource Leader: Judith Clister
 Judith Clister lives in Bruceton Mills, WV. She is a retired public elementary school teacher and counselor. Judith is an ordained pastor and spiritual companion. She received spiritual formation training from Eastern Mennonite Seminary. She worked thirty plus years at Shepherd's Spring where she served as nature director, counselor and director. Judith now volunteers at the West Virginia Botanic Garden leading tours and nature and labyrinth walks. She is a member of the West Virginia Storytellers Guild with a specialty in Celtic stories. Judith has written two books of prose and poetry: *Lessons in Little Things* and *Connections*.

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- 7:00am •Birding – D. Ruby
- 9:30am •Morning Session
- 1:15pm •Meditation at Labyrinth – Sandi Evans Rogers
- Drum Circle – J. Clister
- Service Project
- 3:30pm •Guided Nature Walk – J. Clister
- 6:30pm •Hike – D. Evason
- 8:00pm •Campfire – Celtic Music and Storytelling–J. Clister, P. Dodd, R. Curling