



*Women's Wilderness Weekend of Rhode Island 1975-2024*  
**Fall Weekend**  
**October 18-20, 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 dinner. 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 Psychic Medium and Spiritualist Teacher Tori McNally for an exciting evening of Ghosts and Ghouls!

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

We sincerely hope you can join us for the upcoming October Women's Wilderness Weekend. A great weekend is planned for this fall! The weekend begins on Friday, October 18, 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. Dinner 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 Psychic Medium and Spiritualist Teacher Tori McNally from Avalon Enchanted for an exciting evening of Ghosts and Ghouls.** As a former Ghost Guide for Newport Ghost Tours, former Guide of Slater Mill Historic Site, and paranormal investigator, Tori will be sharing some of Rhode Island's best-known haunts as well as some of the famous historical figures that have put Rhode Island on the map of Haunted Happenings including The Vanderbilt Family, Edgar Allen Poe, Mercy Brown, and HP Lovecraft. Tori will discuss the fundamentals of ghost haunts and ghost hunting, and will share some of her own spooky experiences both locally and abroad on some of her travels to different historical and sacred sites throughout the country and around the world.

**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 **Project Hand Up** (15 Factory St., West Warwick, RI - <https://projecthandup.net/>). They're a nonprofit that helps people of all walks of life shop for groceries for a suggested donation that helps to stretch their paycheck, so they do not have to choose between eating and paying bills. Their mission is to support those tackling challenging times with food assistance, no questions asked. They're asking for non-perishable food donations, but the biggest need right now is **breakfast cereal** (adult and children's varieties).
- 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 October 4, 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 received/postmarked by October 4!** Please let us know if you'd like your group to be in a cabin instead of the main house.

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

For scholarship specific questions or to apply (application deadline is October 4),  
please contact: Jess-210-415-2607 or Teresa-508-558-3919

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

## SCHEDULE OF CLASSES – October 19-20, 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.  
ORANGE VESTS (available to borrow) or HATS (available to purchase) are REQUIRED FOR HIKES.***

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

- A. Kayak Echo Lake Session 1** 2.5 hours **Outside/Active (Limit 12)**  
Explore beautiful Echo Lake by yourself in one of 6 kayaks or with a partner in one of 3 canoes. The fall foliage will be wonderful to see with a 360 degree view! Just a short 10 minute walk down to the beach. Please wear proper attire and water shoes. An experienced lifeguard will be on duty.
- B. Sprague Farm Hike** 2.5 hours **Outside/Active (No Limit)**  
The Sprague Farm hike will be a 3 mile saunter through the dense woods of Gloucester. We will traverse the pine needle covered paths, explore a cellar hole, and walk along a ridge. We will likely see and/or hear several types of birds. Don't forget to bring your camera. Dress with appropriate hiking shoes. Hike leader: Ernie Germani **This hike leaves at 8:45 a.m. as carpooling is required.**
- C. Beginner Ukulele** 2.5 hours **Inside/Leisure (Limit 10)**  
Come and explore the fun of playing a Uke! The class will cover tuning, chord structure, and strumming the Uke. We will cover the C, C7, F, and G7 chords. Maybe more, depending on the class. By the end of 2 1/2 hours, we will be strumming and singing many familiar tunes! If you have them, please bring a GCEA ukulele, a floor music stand, and a tuner. Ukuleles and music stands will be available to borrow. Happy strumming! PS: Fingernails filed to the fingertips will make it easier to play. Instructor: Polly Tucker
- D. SoulCollage®: Images, Imagination & Intuition** 2.5 hours **Inside/Leisure (Limit 10)**  
During this workshop we will relax and free our minds from our thoughts by using our imaginations/intuition to create personal collaged cards. We will then journal/do a reading with our cards to tap into our inner wisdom. SoulCollage® readings are full of "a-ha!" moments, profound/inspiring because all we need to know is already inside of us. No artistic ability necessary. EVERYONE can do SoulCollage® Instructor: Jennifer Watson
- E. Mandala Dot Art Painting on Slate** 10:00-11:30 a.m. - 1.5 hours **Inside/Leisure (Limit 10)**  
A mandala (Sanskrit word for circle) is a spiritual and ritual symbol in Hinduism and Buddhism, representing the universe. The mandala is traditionally used as a way to meditate on life and to connect with the divine through focused contemplation. Modern mandalas typically refer to any design that contains a central circle with concentric circles radiating from the center. They may contain squares, triangles and other geometric designs. In this workshop we shall be learning the art and creating some beautiful mandalas on a piece of slate making it an enjoyable and rejuvenating painting experience. Instructor: Ellie Forte

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

- F. Kayak Echo Lake Session 2** 2.5 hours **Outside/Active (Limit 12)**  
Explore beautiful Echo Lake by yourself in one of 6 kayaks or with a partner in one of 3 canoes. The fall foliage will be wonderful to see with a 360 degree view! Just a short 10 minute walk down to the beach. Please wear proper attire and water shoes. An experienced lifeguard will be on duty.
- G. Tracks & Signs - Be a Wildlife Detective!** 2.5 hours **Outside Active (Limit 15)**  
Join Tracey Hall, Naturalist and Environmental Educator, Certified Wildlife Tracker, on an exploratory hike on Audubon's Powder Mill Ledges Wildlife Sanctuary in Smithfield, RI. We will look for wildlife signs that tell us a story of who was there, and what they were doing! It is an easy to moderate hike with one moderate incline, and has roots. Dress with appropriate hiking shoes, and be prepared to go off trail. **This hike leaves at 1:15 p.m. as carpooling is required.**
- H. 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. The sky's the limit when it comes to what you can create, so let's get creative! 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 glue, and possibly nailing caps to the board. Join us for this unique class! Making recycled art is all about having fun and expressing your creativity, so make sure to enjoy the process.
- I. Croning Ceremony** 1:30 p.m.-3:00 p.m. - 1.5 hours **Inside/Leisure (Limit 10)**  
Open to all participants. Join Linda Read in honoring womanhood. Bring a journal, pen, a few small gifts to share with women in the circle, and an open heart. Please speak with Linda Friday Night if you wish to receive a Crone Blessing during the ceremony.
- J. Create Handmade Resin Ornaments** 2:30 p.m.-4:00 p.m. - 1.5 hours **Inside/Leisure (Limit 10)**  
Join us for a fun and festive craft class where you'll create beautiful, personalized ornaments using resin! Learn the basics of resin crafting and add your own unique touches with colors, glitter, and festive embellishments. Whether you're making ornaments for yourself or as gifts, you'll leave with stunning keepsakes to cherish for years to come. No experience needed—all materials are provided! Instructor: Kameron Scampoli

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

### K. Nature Hike at Steere Hill

2.5 hours

Outside/Active (No Limit)

Join Laura Lowe for a robust three-mile nature hike at Steere Hill Conservation Area. Part of the Gloucester Land Trust, Steere Hill offers a variety of wetlands and rolling hills. Tree color should be close to peak! Please wear sturdy shoes and appropriate clothing for the weather. Bring water! Since deer hunting season (archery) is open and Steere Hill allows hunters, please wear an orange vest or hat. We will park at the parking area on RI State Route 44 aka Putnam Pike near the Harmony Post Office. **This hike leaves at 9:15 a.m. as carpooling is required.**

### L. Outdoor Photography w/ Your Cell Phone

9:30 a.m.-11:30 a.m. - 2 hours

Outside/Leisure (Limit 8)

Christine Keane will lead participants on a walk around the ECC grounds to teach participants how to use their cellphones to take pictures. The class will then move inside to view and discuss participants' images using a projector.

### M. Upcycled Glass Painting

2.5 hours

Inside/Leisure (Limit 10)

Join Mary Carlos to upcycle Oui yogurt jars into your own works of art. Before starting to paint, we'll all take a moment to check in with ourselves and welcome what comes. Then, with that in mind, we'll begin painting. The completed jars can be used to store items like tea, spices, etc. because we'll also be able to paint a bamboo lid to match. All materials will be provided.

### N. Guided Historic Walk of the Chepachet Village

10:00-11:30 a.m. - 1.5 hours

Outside/Active (12)

Rhode Island has lots of history and this is your chance to learn about the Chepachet Village. Described as "Gloucester RI's Best Kept Secret" by the Gloucester Heritage Society, the walk includes 40 historical sites. Put on your walking shoes and join Marie Sweet, Gloucester's Heritage Society's President, for this fun and informative walk. **This walk leaves at 9:15 a.m. as carpooling is required.**

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

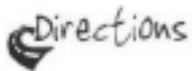


Women's Wilderness Weekend of RI  
Post Office Box 8686  
Cranston, RI 02920

**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**

**April 25-27, 2025**

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

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

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