



United  
Women  
in Faith

Northern Illinois Conference  
Spiritual Growth Retreat  
Saturday, 22<sup>nd</sup> March 2025  
Coordinated by:

Deaconess Catherine Inserra with support from  
the UWFaith NIC Leadership Team

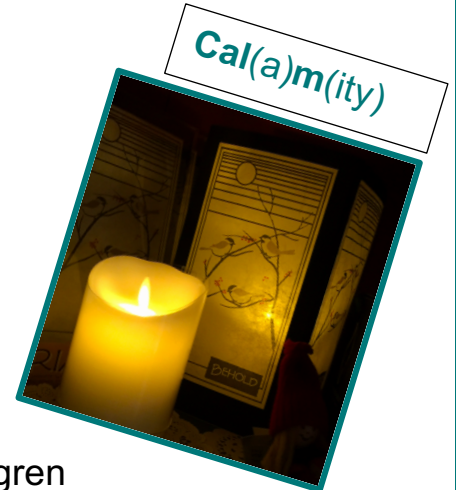
## Sacred Breath: Contemplating Mortality as an Act of Devotion

First United Methodist Church in Park Ridge

418 West Touhy Avenue  
Park Ridge, Illinois 60068



Under Stress?



Featuring: Deaconess Martha Lundgren

**Saturday, 22<sup>nd</sup> March 2025**

Time: 9 am - 2 pm

Doors open at 8:15 am

**The cost per person is \$15.00 all-inclusive**

Website for UWFaith NIC: [www.uwfaithnic.org](http://www.uwfaithnic.org)

A scholarship is available for youth between 14 - 21 years of age.  
There is limit of 120 attendees - **Register early!** Plan to carpool.

Refreshments and lunch will be included.

Please invite your friends, including young adult women, & youth, for this meaningful and timely experience during Lent.

(You do not need to be Methodist to attend.)

There will be times of sharing, prayer, contemplation, conversation, movement, stillness, focused breathing, and music.

Weather permitting, there is a garden to enjoy.

Martha Lundgren is a United Methodist deaconess who responded to a call to provide faithful care to dying persons. She is a spiritual care volunteer at Aperion Wesley Place and Chicago Methodist Senior Services Hartwell Place where she leads weekly prayer services for residents with dementia and practices the ministry of presence. She also volunteers with the Widows Supporting Widows, a women's health organization serving widows seeking to understand their experience and focus on growth. Martha is pictured above with the plaque at Wesley Place that honors Isabelle Reeve, first licensed deaconess and trained by Lucy Rider Meyer.

(Photo credits, Deaconess Martha Lundgren, June Neumann & web)