


What to Bring

- Bible
- notebook
- pen/pencil
- your favorite shoe anecdote (something silly, special, embarrassing, amazing or funny)
 - comfy clothes and shoes
 - a sense of humor
 - favorite board game
 - Camera
 - an open heart
- your testimony (sharing is voluntary)
write it out before you come if you want

Don't wait to hear how great this is—
experience it for yourself!!

Women Designed by God



Following in God's footsteps

**Retreat for Pastor's Wives
at Mt. Church of God
September 10-11**

*starts Friday at 5 pm with dinner;
ends Saturday at 3 pm (inc. breakfast & lunch)*

- Relax — *get away, laugh and share*
- Renew — *connect with other PW's and with God*
- Reflect — *on your walk: past, present and future*
- Revitalize — *your entire life*



Cost: Only \$20
(\$10 for spouses of shape alumni)



Our Speaker

Janelle Irwin was born and raised in Missouri. She met her husband, Tim, pastor at Aloha Church of God, while attending Anderson College in Indiana and they married in 1979.

She is the mother of two teenagers, Ben and Will. Janelle was raised in the Church of God, the daughter of a pastor, and accepted Christ at the age of 9.

Professionally, she has spent many years in sales, including several years in real estate and the death care industry. Currently, she works at Lincoln Memorial Park and Funeral Home in Portland. In addition to church and family activities, Janelle enjoys reading, bicycling, music, hiking, walking, cooking and connecting with friends.

Over the years, Janelle has enjoyed speaking at state conventions, conferences and prayer retreats. She has sang or led worship at state ministers meetings, retreats, camp meetings and the North American Convention of the Church of God. In local churches where Tim has pastored, she has taught adult Sunday School classes and led small group ministries.

Janelle has a deep love for the church and a desire to see people live abundant, happy lives, free from the weight of the past.



Our Cost

Total cost (includes participation and meals— is \$20.
If your spouse is a SHAPE alumni, it's \$10 instead!

Our Destination

Mt. Scott Church of God has kindly agreed to allow us to meet in their building! Address:
10603 Southeast Henderson St., Portland, OR 97266

Our Service Project

We invite you to donate a pair of gently used shoes to the following organization to participate in our retreat service project: soles4souls.org.

This group's motto says **changing the world—one pair at a time**. Many people in the world do not own even one pair of adequate shoes. By donating shoes, you will clean out your closet a bit and help get shoes to those in need. **Soles4souls** works in 45 states and in 62 countries, making a difference with the gift of shoes. *See their website for a donation center near you.*

Most of us select shoes based on comfort and style. In many other countries, much needed footwear protects from scrapes, cuts and contaminants that lead to potentially serious healthcare issues.

Together, we can make a difference!



Our Meals

All meals will be served at Mt. Scott Church of God, our host facility. Meals will be furnished as follows:

Friday, supper at 5 pm

Saturday, breakfast and lunch

Lodging

Volunteers are being organized willing to provide housing for Friday night, if needed. Please let us know when you register if you need or can provide lodging.

Space is limited, so sign up right away!

We Will . . .

**laugh, cry, play, worship, listen, share, learn,
grow, work together, eat, connect, relax**

There is nothing more fun—or more profound—than investing yourself in a weekend like this. It won't be the same if you are not part of it! Please plan now to be part of this wonderful retreat.

It's great connecting with other pastor's wives, as we share a unique role in each of the congregations we serve.



What's In A Shoe??



Your foot! Beside that, did you know that:

- Shoe sizes do not equal inches.
- Arabs introduced fine leatherwork in Spain in the 8th century and it quickly became a favored material for footwear.
- It wasn't until the 17th century that footwear could be made snug fitting and shaped to the foot—this was prompted by the invention of woven stockings.
- The first pair of American shoes was nailed together in 1628 by a Mayflower pilgrim named Thomas Beard.
- Americans learned to make moccasins from Indians. Moccasins became very popular and they began exporting them to England as early as 1650.
- It wasn't until 1818 that the left shoe was constructed differently than the right shoe. Before that, either shoe could be worn on either foot with equal discomfort!
- The average American woman buys 5 pairs of shoes per year; the average man buys 2 pairs (men's shoes remain in fashion longer and last longer than women's shoes).
- The cheapest shoes are flip flops starting at \$1; the most expensive are mink lined golf shoes with 18 Carat gold ornamentation and ruby tipped gold spikes, sold in England for \$6,500 per pair.
- Henry VIII made wide shoes popular, presumably to hide his gout-ridden feet. Shoes grew to such widths that Parliament passed a law limiting shoe width to six inches.

What's a winklepicker?

A type of shoe or boot popular with both genders during the rise of rock and roll in the 50's and '60's, distinguished by a stiletto heel and the length of the shoe that comes to a sharp point. In England, a **winkle** is a small edible snail, eaten by **picking** the meat out with a sharp pointed object—hence, the name.

What's a bears paws Carpine??

A shoe made in Germany in 1490, resembling a bear paw, later outlawed in England.



What is barleycorn?

In 1324, the English king Edward II decreed that an inch is equal to 3 average size barleycorns laid end to end. The normal shoe was said to measure 39 barleycorns. Other shoes were rated from this standard, with one barleycorn difference between each size.

Who invented high heels??

Leonardo DaVinci (1452-1519) is credited with inventing the high heel. Later, in 1793, Marie Antoinette wore 2 inch heels to her beheading.



What will we learn?

- wear the correct shoes for the correct purpose (preparing spiritually for life)
- what to do when a heel accidentally breaks (handling life's surprises)
- what to do when we see that 'must have' designer pair (dealing with temptation)
- finding your glass slipper (enjoying an abundant life)