

REGISTRATION DEADLINE: September 15, 2026

Full Weekend Registration: Complete and mail to our registrar along with a **\$210.00 check to NCSWO** *Tithely: \$216.30*

** Commuter Weekend Registration: Complete and mail to our registrar along with a **\$100.00 check to NCSWO** *Tithely: \$103.00*

Alecia Harrison
204 Windsor Wynd Place
Fuquay-Varina, NC 27526
Phone: 919-333-6734
email: alecia.a.harrison@gmail.com

**If paying by Tithely please remember to add the processing fee (\$6.30) and notify Alecia Harrison of your attendance by emailing her at alecia.a.harrison@gmail.com.*

Name: _____

Email: _____

Phone: _____

Your Congregation, City: _____

Special Dietary Needs/Allergies: _____

Other Needs/able to walk upstairs: _____

Roommate preference: _____

Are you applying for a scholarship for this event?

Scholarships are available and can be requested by writing a paragraph describing your current need and reason for wanting to attend and sending it to the registrar by email.

Rest Renew Reconnect

A Nurturing Weekend Retreat for Wellness Within



NCWELCA Fall Retreat

October 2 - 4, 2026

Blowing Rock Retreat Center

1818 Goforth Rd.

Blowing Rock, NC 28605

MEET YOUR PRESENTER

The Reverend Judy Lewis Drysdale

Life pulls us in many directions, often leaving little time to care for ourselves and reconnect with what truly matters. This weekend's retreat is an invitation to step away from the noise, breathe deeply, and reconnect with your body, mind, and spirit. Through meaningful conversation, quiet reflection, and worship, we will explore what it means to care for ourselves and reconnect as beloved children of God.

Together, we will share practical wellness practices that foster peace in body, mind, and soul, while reconnecting with one another through shared stories, laughter, and the gift of community. Whether you arrive feeling weary, curious, or simply in need of rest, this retreat offers space to reconnect with God, with others, and with yourself.

Come as you are.

Leave renewed.

And reconnected.



Pastor Judy has served as an ELCA pastor for 37 years and currently serves as pastor of Emmanuel Lutheran Church in Lincolnton, North Carolina. She is a graduate of Newberry College and Lutheran Theological Southern Seminary. Most recently, she earned certification as a Wellness Coach through the Institute for Integrative Nutrition, reflecting her passion for nurturing the whole person—body, mind, and spirit.

Pastor Judy is married to Pastor David Drysdale, who serves Zion Lutheran Church in Hickory. Their son, Pastor Joshua Copeland, and his wife, Emily Copeland, serve Grace Lutheran Church in Salisbury. Judy's greatest joy is being "Nana" to her granddaughter, Alice. Just ask—she'll be happy to share a few (or many) pictures.

When she's not serving the church, Pastor Judy enjoys spending time with her furry family—three cats, Charlie, Gracie, and Bella, and her faithful dog, Penny. She also loves traveling, curling up with a good book, and enjoying a great movie.

One memorable moment in Pastor Judy's ministry was becoming the first female pastor invited to preach at First Baptist Church in downtown Charleston, the oldest Baptist church in the South.