



I'm so excited that you'll be joining us for the Bake & Pray Workshop on **May 15-16, 2026** at Craig Springs Camp.

This workshop approaches breadmaking as a form of liturgy rather than just a recipe, inviting us to embrace the rhythms of rest and repetition—allowing the process to shape us as much as we shape the dough. Whether you're a seasoned baker or completely new to working with yeast, this experience will open your eyes to God's gift of bread in a new way. By the end of our time together, you'll understand how to make a simple loaf of bread in the spirit of prayer.

Retreat Details:

Location: Craig Springs Camp, 30 Craig Springs Cir, New Castle, VA 24127

Check-In Time: 4:00-5:00PM

Location at Camp: Oak Lodge

- When you come to register, pull up to the lodge and from there, we will direct you on where to park.
- Linens will be provided: sheets, blanket, towel, pillows.

What to bring with you:

- Toiletries: (soap/toothbrush/toothpaste, shampoo, deodorant, etc.)
- Clothing
- Shoes: Craig Springs requires that shoes must be worn at all times. Closed-toe shoes are required on hikes and at night. Sandals/flip flops/open toed shoes are allowed when not on hikes.
- Apron, if desired.
- Waterbottle
- Any rest or sabbath items: journal, drawing notebook, reading book, yoga mat, Bible, etc.
- A snack and/or drinks (non-alcoholic) to share!

Rest Time: Part of this process involves intentionally setting aside time to rest—just as our dough needs time to rest. We will have some unstructured Sabbath time. We will have a few stations prepared for quiet reflection, but you are welcome to bring a journal or anything else that helps you pause and breathe.

Meals: Friday dinner, Saturday breakfast, and Saturday lunch are included in your registration fee. Please indicate any food allergies in your registration form! In Oak Lodge, there is a kitchenette if you need to store anything during your stay. Please bring snacks or drinks to share for Friday evening and Saturday during the day.

Schedule (subject to change):

Friday

4:00-5:00PM Check In / Settle In
5:00PM Welcome
5:30PM Dinner
6:30PM Mixing the Dough
7:30PM Evening Quiet & Community Time (books, board games, etc)

Saturday

7:30AM Morning Contemplation (optional)
8:00AM Breakfast
9:00AM Shaping the Dough
10:00PM Proofing & Rest / Free time
12:00PM Worship with Communion
Lunch
Dismissal Blessing
Room Cleaning & Departure

Bake & Pray Book: Maria will be referencing Kendall Vanderslice's book, *Bake & Pray*, throughout our workshop. It's a wonderful resource filled with prayers and recipes. Maria will be selling copies of *Bake & Pray* at the workshop for \$25. You can place an order in advance with Maria to receive a discount, \$22.50. Just send her an email at makerbakermaria@gmail.com

You can also purchase the book as well as Kendall's other books on [Edible Theology](#). Use code: MARIA for a discount.

We can't wait to share this time of baking, praying, and fellowship with you.

Blessings,

Maria Niechwiadowicz, Bake & Pray Facilitator makerbakermaria@gmail.com