

Tahoma UU Congregation
UNITARIAN UNIVERSALIST WOMEN'S RETREAT
March 5-7, 2010

Reflect, Renew, Release

What is a retreat but a chance to reflect on yourself and your place through meaningful conversation and action; to renew positive energies and self through rest and joyful companionship; and finally through connections and quiet time release the bad energy and weight of the world we tend to accumulate? South Sound UU women and their friends are invited to join us at the annual retreat at Camp Seymour. Saturday activities will focus on the Three R's of Retreat and will include a variety of "Funshops" hosted by UU women, as well as other opportunities for fun, connection, and quiet.

We will be at Camp Seymour, located on beautiful Glen Cove in Southern Puget Sound, just 30 miles NW of Tacoma!

- Two nights in heated cabins with bathrooms and showers
- FIVE delicious meals prepared and served by camp staff
- Outdoor activities: hiking, archery, boating, climbing wall, naturalist walk
- Saturday funshops (refer to registration form), yoga, crafts, games, singing, and plenty of opportunities for connecting with old friends and making new ones (or, if you choose, solitude and meditation).
- Chair and table massages are back by popular demand for an additional fee (first-come, first-served; sign-in sheets will be available at the retreat).

"What do we do at the retreat?"

Friday: 4-7 pm: Check-in and socializing, craft set-up

7 pm: Welcome by YMCA coordinator

7-8 pm: Dinner

8-8:30 or so: Get together reflection worship service

8:30-11 pm: unscheduled time (crafts, games, fellowship; whatever you like!)

Saturday: Breakfast, lunch, and dinner served. Funshops will be in the morning, with additional funshops in the afternoon, along with indoor/outdoor activities (as listed above).

Group activity in the evening

Sunday: Breakfast and closing service.

Send in your registration TODAY with a deposit of \$50.00 to guarantee yourself a spot!

Full price if registered by January 25.....\$95.00

Full price if registered after January 25.....\$105.00

Saturday only (no overnight stay).....\$55.00

A few partial scholarships will be available on a first come, first served basis (If you would like to donate to this, see registration form).

Registrations for the full amount may be sent through March 1st. To register after that date, call Jennifer Marsellis to find out if space is available. Cancellations received by February 1st will receive a partial refund. Cancellations made after February 1st will receive a refund (minus \$10) only if another person fills that place.

Cabin assignments, directions, map, packing list and participant list will be sent 7-10 days before the retreat. Contact Jennifer Marsellis if you wish to change your cabin assignment.

Questions?? Cindy Arnold (253) 756-2169 Allison Cerny (253) 752-6756, Jennifer Marsellis (253) 579-4011

PLEASE RETURN THIS PAGE WITH REGISTRATION FEE

If possible, please register by Dec. 1 (this would be helpful in paying our Board for the deposit)

Name _____ Phone _____

Address: _____

City/State/Zip: _____ Email: _____

With which local UU church (if any) are you affiliated? _____

Special dietary requirements? Yes No If yes, please list _____

___ I would like to bring some craft supplies for all to use

___ I would like to help with Sunday service

___ I plan to drive and want some company

___ I want to be a passenger

My desired time of departure _____ from _____ (location)

Funshops (these may change):

Saturday morning, 9:45-11:45: Please select the one that interests you the most

Poetry Writing

Fun Food Facials/w/ foot massage by attendees

A quick crochet project

Saturday afternoon: Please select the one that interests you the most

Painting our Dreams, 1:15-4:15

Native Plant Walk, 1:15 to 2:15 or so

Mail/Paper Management, and Decluttering led by Sue Redkey, 1:15-3:15

Climbing wall, archery, and boating will also be offered, time to be determined

Cabin choices – check all that apply (we’ll do our best):

___ I don’t care where I sleep ___ Late nights are more my speed

___ Early to bed and early to rise ___ I snore or have a c-pap

___ No snorers please ___ I need a bunk in the special ambulatory needs cabin

___ I am able to sleep in a top bunk ___ I must sleep in a lower bunk

Please place me with these friends or traveling companions: _____

Enclosed:

___ \$50 deposit (\$45 balance due by March 1, 2009)

___ \$55 for Saturday only (no overnight stay)

___ \$95 for full registration ****if received before January 25, 2010**

___ \$105 for full registration received after January 25, 2010

\$ _____ Scholarship donation

I will need a scholarship: Circle one: Yes No (I have enclosed my deposit of \$50)

****Please make your check payable to “TUUC” and write “2010 Women’s Retreat” in the memo line. Send this form and payment (made out to TUUC) to:**

Jennifer Marsellis
10505 Becker Dr. SW
Lakewood, WA 98499
(253) 579-4011

diresu@gmail.com

We look forward to seeing you there!