

Unitarian Universalist Congregation of Salem
WOMEN'S RETREAT

Healing means finding a new wholeness

Join fellow UUCS women for a weekend of playing, talking, crafting, sleeping, knitting, eating, walking, dreaming and embracing the blessings that keep us all afloat. Share in this renewal of body, mind, and spirit.

When: April 28-30, 2017

Where: Oregon 4-H Center
4390 4-H Road NW
Salem, Oregon 97304
503-371-7920
www.oregon4hcenter.org/home.html

Cost: \$130 for two nights lodging (2 per room); Add \$15 for a private room.
Register by March 26 and get \$10 off!
All snacks, meals, and program activities are included.

Who: UUCS women (members or friends of the congregation) over 18 years.

What: The weekend will include optional organized activities to help us make new friends and heal, moving towards wholeness. There is also unstructured time to relax with arts and crafts, puzzles, enjoying nature, boating or catching up on sleep. Sunday morning, we will have a worship service to bring closure to the weekend retreat.

Bring:

- Clothes and shoes suitable for lounging and enjoying the outdoors
- Swim suit
- Toiletries and other personal necessities including towels
Bedding; sleeping bag or sheets/blankets for twin bunk beds
- Reading light for your room
- Games, musical instruments, books
- Anything else you want to do alone or share with the group; arts and crafts, fingernail polish, scrapbook materials, knitting items, puzzles, board games, etc.

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REGISTRATION

To register, please fill out the form below and return to UUCS, Danna Parmley, or scan and email to: dparmley@myemailsite.net.

Name: _____

Address: _____

Phone: _____ Email: _____

Lodging preference: _____ 2-person occupancy; _____ single room (extra \$15)

Roommate request: _____

Special dietary needs: _____ Vegetarian _____ Vegan _____ Gluten free

_____ Other (explain) _____

Carpooling options:

_____ I will drive with room for _____ passengers

_____ I would like to be a passenger in someone else's car

_____ I will drive myself or make my own arrangements

Deposit of \$60 required to hold space

Deposit _____

Balance of \$70 required by **April 16**

Balance _____

Early registration \$10 off

Discount _____

Donation to help another woman attend

Donation _____

Extra charge of \$15 for private room

Extra chrg _____

Requesting scholarship. Amount I can contribute.

Deposit _____

Payment in full by **April 16**

Total _____

Questions? Contact Stephanie Jernstedt at 503-874-9260 or steffiej2947@msn.com