

Registration for Women's Retreat April 19-21, 2013

Name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Any dietary restrictions? \_\_\_\_\_

Are you willing to drive to the coast? \_\_\_\_\_ How many people will your car hold (including you)? \_\_\_\_\_

\_\_\_\_\_ My registration fee of \$125 is attached for a shared room/shared bed (no private rooms are available)

\_\_\_\_\_ My roommate will be \_\_\_\_\_

\_\_\_\_\_ I prefer a twin bed or futon if possible

— Make checks payable to "Saint Mark Lutheran Church" and put "Women's Retreat" in the memo line

— Payment and registration forms are due to the church office by **Sunday, April 14th.**

**\*\*\* Please check with Judy Linder, Audrey Schackel or Joanne Sandhu if you have any questions! \*\*\***

Saint Mark Lutheran Church  
790 Marion St. NE  
Salem OR 97301  
503-588-0141  
stmarksalem.org

To view pictures of the home, please visit—<http://www.vrbo.com/360021>

# Sixth Annual Women's Retreat



SAINT MARK  
LUTHERAN CHURCH

April 19-21, 2013

"Help,  
Thanks,  
Wow!"

A Look at Three Essential Prayers



Lincoln City, Oregon

# “Help, Thanks, Wow!”

## WEEKEND THEME

**Anne Lamont’s book** reflects on three very basic prayers. Our time at the beach will wade into these concepts. It is not necessary to have read “Help, Thanks, Wow!” to enjoy our time in conversation, reflection and worship. There will also be plenty of time for play, and yes, prayer. Join us for lively fellowship, delicious food and new insights as we explore prayer taking our lead from Lamont with depth, humor and grace.

## LOCATION



**Just north of Lincoln City, on the Oregon Coast—** We will be staying in a large home right on the beach. This lodge-style home is fully furnished, with linens,

towels and a fully-equipped kitchen where we will be preparing our own meals.



## WEEKEND SCHEDULE

### Friday, April 19th -

- 4:00pm—check in at Saint Mark
- 4:30pm—leave Salem
- 6:00pm—arrive Lincoln City
- 6:30pm—Dinner
- 7:30pm—Session 1
- 8:30pm—Evening Activity

### Saturday, April 20th -

- 8:00am—Breakfast
- 9:00am—Morning Prayer
- 9:30am—Session 2
- 12:00pm—Lunch
- 1:00pm—FREE TIME!
- 6:00pm—Dinner
- 7:00pm—Session 3
- 8:00pm—Evening Activity

### Sunday, April 21st -

- 9:00am—Session 4
- 10:00am—Brunch
- 11:00am—Eucharist
- 12:00pm—Leave
- 1:30pm—arrive at Saint Mark



## OUR FACILITATOR



**Deb Mantey** was consecrated in 1981 as a Lutheran deaconess. She has served two parishes in education, youth and evangelism ministries, and as congregational resource person for Augsburg Fortress and the Oregon Synod. Her husband, Charles, serves as pastor at Saint Mark. They have two children, Nathan and Christina, and an amazing Golden Retriever, Toby. Deb looks for interesting and creative outlets for connecting needs with resources.

## REGISTRATION

**\$125 for two nights; includes all meals. 2-4 women per room.**

**Registration deadline is April 14th.**

We will meet in the Saint Mark parking lot and car-pool to the



coast. Parking at the house is limited, so please inquire if you plan on driving over on your own.