

Registration for Women's Retreat April 27-29, 2018

Name _____ Phone _____ Email _____

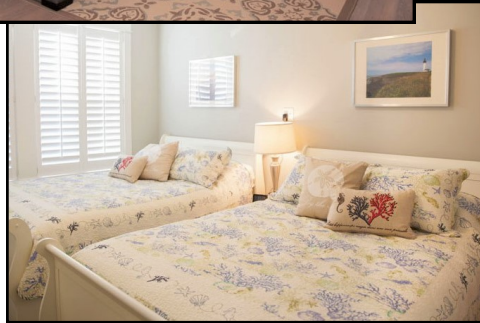
Any dietary restrictions? _____

Are you willing to drive to the coast? _____ How many people can you take (including yourself)? _____

_____ My registration fee of \$150 is attached for a shared room/shared bed (no private rooms are available)
_____ I plan to stay over on Sunday night. I am including an additional \$25, for a total of \$175 (reserved in the order received)
_____ My roommate will be _____ (optional)
_____ 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 22nd. SORRY, NO REFUNDS AFTER APRIL 22nd.**



To view more pictures of the homes, please visit - OregonCoastCottageRentals.com for The Bridge House, and MeredithLodging.com for The Driftwood (alphabetical under "The Driftwood")

Saint Mark Lutheran Church

790 Marion St. NE

Salem OR 97301

503-588-0141

Eleventh Annual Women's Retreat



SAINT MARK
LUTHERAN CHURCH

April 27-29, 2018

"Creating Balance
in the Midst of
Life's Challenges"



“Creating Balance in the Midst of Life’s Challenges”

WEEKEND THEME

“We have overstretched our personal boundaries, and forgotten true happiness comes from living an authentic life fueled with a sense of purpose and balance.” - Dr. Kathleen Hall

Over 50 years ago, Anne Morrow Lindbergh wrote Gift From the Sea as a way to explore balance in her life, relationships and roles. Taking a clue from this book, scripture, and the Swedish concept of “Lagom” (just the right amount), we will explore how to create healthier equilibrium between relationships, self care and callings both vocational and spiritual.

Come enjoy lively conversation, good food in a relaxing and beautiful setting. There will be time for walks on the beach, personal reflection, worship and lots of fun and laughter!

LOCATION



Bella Beach is a vacation rental community just north of Depoe Bay. We have rented 2 homes very near each other, which are fully furnished, with linens, towels and a fully-equipped kitchen where we will be preparing our own meals. Bring your bathing suit to enjoy the hot tub!

SCHEDULE

Friday, April 27th -

- 4:00pm—check in at Saint Mark
- 4:30pm—leave Salem
- 6:00pm—arrive Bella Beach
- 6:30pm—Dinner
- 7:30pm—Session 1
- 8:30pm—Evening Prayer

Saturday, April 28th -

- 8:30am—Breakfast
- 9:30am—Morning Prayer
- 10:00am—Session 2
- 12:00pm—Lunch
- 1:00pm—Session 3
- 2:00pm—FREE TIME!
- 6:00pm—Dinner
- 7:00pm—Activity and Evening Prayer

Sunday, April 29th -

- 8:30am—Faith Practices
- 9:30am—Pack up the cars
- 10:00am—Brunch
- 11:00am—Eucharist
- 12:00pm—FREE TIME! Leave whenever...

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. She is currently the Outreach Coordinator at Saint Mark, where her husband, Charles, serves as pastor. They have two adult children, Nathan and Christina. Deb enjoys gardening and a good mystery.

REGISTRATION

\$150 for two nights; includes all meals.

2-4 women per room. Maximum of 22.

No refunds after April 22nd.

Registration deadline is April 22nd.

Each carpool driver will contact their passengers to make arrangements for driving to the coast. PLEASE CHECK WITH JUDY at <judylander@gmail.com> if you plan on driving over on your own.

ADDED BONUS! There will be 10 vacancies available for Sunday night for a \$25 additional charge. Accepted in the order received.