

41st Annual

# Southminster Women's Retreat

*The Soul in Our Stories*

*May 5 - May 7, 2017*



Southminster's Women's Retreat is an annual gathering of our community of women. Your retreat planning committee seeks to create a program to provide mind-body-soul connection and deepen our sense of community at Southminster. Feedback from past retreats reveals that "one of our most cherished experiences at retreat is the chance to tell and hear each others stories."

With that in mind, we are thrilled that Julia Hammond, Ph.D will be our invited speaker and together we will explore storytelling in our lives.

*"We don't develop the stories of our lives in isolation. Instead, our whole world is made up of personal and social narratives. We hear stories from the time we are born, as children by eavesdropping on the conversations of the adults around us, from the stories that are read to us and the stories that we read to ourselves. Some are very old and shared. Some are newly created as we experience new things. We weave all these together to make up "my story." We use this story, "my story," constantly, in every interaction—when we meet someone new, when we consider options or opportunities, when we teach our children, when we fall in love. Our stories color all that we think is and isn't possible for us, for others, and for our world.*



*In this storytelling retreat, participants will explore the stories they have been telling—working alone and together to articulate them, and consider their meanings. WE will explore the role our stories play in shaping our personal lives, as well as our communities. We will look at ways that telling our story can empower us to heal, grow, and change our communities for the better—whatever that means for us. Participants will come out of the retreat with a good idea of the stories they have been telling, and with a concrete plan for how their stories can be put to good use in creating positive change."*

In addition to our main retreat program, Julia will lead an afternoon breakout session around telling stories with children. Why do kids the world over quiet down for stories? Because they know that the important stuff is in the stories: where do we come from? Why are we here? There are good people and not so good people, why?

In this break out session we will explore telling stories to the children in our lives. Julia will share some of the most fun and meaningful stories and activities that she has done with children over the years, focusing on spring and summer activities having to do with nature and science. We all have children in our lives, including our inner child. Please come.

Julia will be joining our retreat for the full weekend—so there will many opportunities to get to know her. But here are some interesting facts for those curious to more about her now:

Julia Hammond, Ph.D. is the learning design lead and co-owner of Archetype Learning, a learning and training design company that focuses on helping people and organizations share what they know (online or off), so that they can have a positive impact. She is also a storyteller and community artist, who works with adults and kids to use stories to understand, heal, change, and create. She was a professor of liberal arts at the Art Institute of Portland for ten years, where she taught writing, applied humanities and design thinking. She founded the ArtCare program at St. Anthony Foundation, a program that uses the arts to heal and empower low-income and homeless people in San Francisco's inner city. She has two beautiful girls, a fun family, loves being outside to hike, swim, ski, and garden. She lives in Portland, OR.

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Our Women's Retreat has met at the Tilikum Retreat Center for many years. Near Newberg, Oregon, it offers the peace that a spiritually centered, remote, nature centered, soul place can offer. It is located only an hour from Beaverton, but has the feeling of a country get-a-way. The 90 acre grounds are a combination of woods and farm, lake and fields surrounding a comfortable 50+ bed residence and dining hall, there for our reflection, restoration and enjoyment.

### *Retreat Weekend Includes:*

- Music and singing with Beverly Shuck
- Chair Massages from Body Bunch...ahhh!!...relax your back
- Many other organized activities, all of which are optional. This is YOUR weekend!
- 2 nights at Tilikum Retreat Center in Newberg, Oregon
- Tilikum "home cooked meals", beginning with the Friday dinner and including Sunday breakfast
- Most rooms are 3 person with "in-suite" bath/shower
- Multiple outdoor and indoor spaces inviting you to read, journal, meditate, visit, or simply gaze at the beautiful surroundings
- Use of Tilikum's woods, trails for walking/hiking.
- Access to canoes on Tilikum Lake
- A ride on the legendary "Big Swing" in Tilikum's Challenge Course
- Coffee, tea, and hot chocolate available 24 hours/day
- Access to retreat center Hot Tub
- Saturday Night Live open mic where you can share your poem or story, song, skit, skills, ect.



*We hope you will join us for this fun and inspiring weekend! Tell your story and make a difference!*

# ***Women's Retreat May 5-7, 2017 Early Registration***

## ***Retreat Price and Payment Options***

The full retreat cost for 2 nights, 5 meals, and a great facilitated program is \$175. In response to your feedback and requests, we are offering an early registration discount and two payment options.

- **Register for the full weekend by Feb 15th to receive \$15 off the full retreat price.**
- **Option 1** -- Pay in full with a check for \$160 or
- **Option 2** -- Provide a check for \$50 for the first of three installments.
- Installments will be due Feb 15th (\$50), Mar 15th (\$50), Apr 15th (\$60 or remainder due – e.g. medical diet requests).
- Of course, if you WANT to pay the full retreat price of \$175, we won't turn you away.

If 25 women register by Feb. 15th for the full weekend, **then** we can offer the Saturday-only retreat option for women who cannot join us for the entire time.

**We CANNOT offer a Saturday-only option unless we have 25 women register for the full weekend. Please sign up to be one of our core attendees, helping to make the retreat possible for a broader group of women!**

## ***Scholarship Requests***

It is the intent to make the Women's Retreat available to the Southminster women who would like to attend. If you would like to request a full or partial scholarship in order defray your costs to attend Women's Retreat, please talk to Sue Kozak or Karen Wittenburg. All requests are handled confidentially.

## ***Retreat Donations – Continue the Legacy***

Women's Retreat is a self-funded event. We do not have a line item on the church operating budget to pay for the retreat costs or scholarships. Instead, we pay for the retreat through registration fees collected, donations to the retreat, and funds from our perpetual investment fund, affectionately known as the Women's Retreat FUND. The FUND was created in 1997 by Southminster women donating \$22,000. That investment has offset costs for many women's retreats!

You can continue the tradition of supporting the Women's Retreat by donating to either or both of these: **The 2017 Program Costs**, which would be used to defray speaker costs or scholarships requested for the current retreat

**The Women's Retreat FUND**, which is then invested and used for future retreats

Both of these types of donations are tax-deductible. It's easiest if the donations are separate checks from the registration checks.

# ***Women's Retreat May 5-7, 2017 Early Registration Form***

## ***This form and check due by February 15, 2017***

Attendee Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: (if you are able to receive your confirmation information via email)

\_\_\_\_\_

Address: (if you want to receive your confirmation information via postal mail and/or want to carpool)

\_\_\_\_\_

<b><i>Choose one of these registration options</i></b>			
<input type="checkbox"/> <b>\$160 due Feb 15</b> Pay-In-Full <b><i>With \$15 Discount</i></b>	<input type="checkbox"/> <b>\$50 due Feb 15</b> Installment Plan <b><i>With \$15 Discount</i></b> (\$50/50/60)	<input type="checkbox"/> <b>\$175 due Feb 15</b> Pay-In-Full <b><i>Full Price</i></b>	<input type="checkbox"/> <b>\$50 due Feb 15</b> Installment Plan <b><i>Full Price</i></b> (\$50/50/75)

<b><i>Choose one or more of these optional items, as fit your needs</i></b>	
\$	Medical Diet \$5 (\$1 per meal). Please fill out the medical diet form and return with your registration.
\$	2017 Program Cost Donation. Fill-in amount. Tax-deductible. Prefer separate check.
\$	Perpetual FUNd Donation. Fill-in amount. Tax-deductible. Prefer separate check.

## ***Registration Submission***

Make check out to ***Southminster Presbyterian Church***

Put "***women's retreat registration***" in the memo field

Drop off payment and registration paperwork in the church office

## ***Weekend Options***

<b><i>Mark any of these items as they apply</i></b>	
	I would like to carpool as a DRIVER.
	I would like to carpool as a PASSENGER.
	I would like to lead grace before a meal (scripture, song, or poem).
	I would like to help with Sunday morning worship.

## ***Registration Questions?***

Please contact:

Karen Wittenburg  
Sue Kozak

503-781-0321 or [kwittenburg@comcast.net](mailto:kwittenburg@comcast.net)  
503-453-2133 or [cosmokoza@yahoo.com](mailto:cosmokoza@yahoo.com)

## Tilikum's Medical Diet Request Form

(to be completed by the Guest, not Group Coordinator)

We are excited that you are coming! We are able to accommodate most medical dietary needs when given prior notification.

- Tilikum prepares family-style meals rather than 'individual short orders' based on 'food preferences'.
- We will make you an individual meal with the specifications listed below to the best of our abilities. **Tilikum charges an additional \$1 per meal per person for "Medical Diet" requests due to additional preparation and higher cost of food.**
- We are not a dedicated facility and process all types of foods in the same kitchen.
- Guests are encouraged to bring supplemental snacks or foods, when faced with a restrictive diet. You may keep these items in our guest mini-refrigerator or bring your own ice chest and we'll supply you with ice.
- All guests assume personal responsibility for their dietary needs and communication of those needs. Please ask the Guest Host serving you if there are any ingredients that are unsafe for you, BEFORE eating your meal.

***Please return this form to your Group Leader who will submit this form to us (if not received two weeks prior to arrival, we cannot guarantee accommodations). Please pay your group coordinator.***

**\*\*Please PRINT Clearly\*\***

Guest Name: \_\_\_\_\_

Group Name: **Southminster Women's Retreat -- May 5-7, 2017**

Guest Home Phone: \_\_\_\_\_ Guest Mobile Phone: \_\_\_\_\_

Guest Email: \_\_\_\_\_

To better serve you, please indicate which meals you will have at Tilikum:

- ☐ Friday Dinner
- ☐ Saturday Breakfast      ☐ Saturday Lunch      ☐ Saturday Dinner
- ☐ Sunday Breakfast

***It is important for us to know what you are able to eat and enjoy eating with your restrictions.***

☐ ***Vegetarian, but*** I do eat (circle if applicable) Chicken, Turkey, Fish, Eggs \_\_\_\_\_

☐ ***Vegan, but*** I do eat (circle if applicable) cheese, eggs, butter or items that contain these cooked ingredients \_\_\_\_\_

☐ ***Gluten Free, but*** I do eat \_\_\_\_\_

☐ ***Dairy Free, but*** I do eat (circle if applicable) items cooked with butter, milk \_\_\_\_\_

We are able to accommodate the following medical diets (please select):

<input type="checkbox"/> No Sugar	<input type="checkbox"/> No Peanuts	<input type="checkbox"/> No Tree Nuts
<input type="checkbox"/> No Pork	<input type="checkbox"/> No Beef	<input type="checkbox"/> Pescatarian (eat fish, no other meat)
<input type="checkbox"/> No Eggs	<input type="checkbox"/> No Soy	<input type="checkbox"/> Other: _____