

42nd Annual Southminster Women's Retreat May 4 - May 6, 2018

Mindfulness for Your Mind, Body and Soul

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. Our Women's Retreat strives to be inclusive and invites all women (cis, trans, femme, and gender non-conforming) to join us!



Got stress?

Need more balance in your life?

Are there days you feel like this woman pulling out her hair?

Are you stuck by life's challenges? Are you dealing with issues of aging, acute or chronic pain or illness? Or is there just too much of everything on your plate and not enough of you?

A Mindfulness practice could be just what your mind and body need right now. We are thrilled that **Nancy Boros** is our invited speaker and together we will explore **Mindfulness**. The following is excerpted with permission from Nancy's website www.mindbodymindfulness.com

What is Mindfulness?

- A mindfulness practice trains your capacity to be guided by your innate wisdom instead of a reactive mind
- Mindfulness connects the mind and body through a systematic approach to intentionally shape our internal focus of attention which can bring long-term changes in brain function and structure.
- One definition is that mindfulness is awareness that arises by paying attention, on purpose, in the present moment non-judgmentally.
- The founder of this modern movement Jon Kabat-Zinn, PhD says, "*Mindfulness is about being fully awake in our lives. It is about perceiving vividness of each moment. We feel more alive. We also gain immediate access to our own powerful inner resources for insight, transformation and healing.*"

What Mindfulness isn't

- It's not about having a "blank mind"-that's simply not possible. The mind "thinks"-that's its job. But we do learn to be in a relationship to those thoughts, which gives us influence on the effect our thoughts have on our reactivity and body stress.
- It's not relaxation. That may be a by product of mindfulness meditation, but it is not the goal.
- It's not being "Perfect" or "Blissed Out"-Mindfulness is a practice about coming in to contact with our lives as they are, and learning to make wise and kind choices about how we engage with what's here. It's about being in relationship with ourselves just as we are.

Nancy will lead us in interactive exercises so that we may begin to experience and explore Mindfulness.

About Nancy:

Nancy Boros holds a Bachelor's degree in Health Education: Community Health and has served the community as a health educator for over 20 years.

She has trained through the MBSR Teacher Training, Center for Mindfulness (CFM) with University of Massachusetts Medical School, she is a CFM Qualified MBSR Teacher offering the full 8 week Mindfulness-Based Stress Reduction course, a secular and evidence-based stress reduction program developed by Jon Kabat Zinn, PhD.

Additional Mindfulness teacher training

- Mindfulness-Based Professional Training Institute (MBPTI) 6-day MBSR teacher training program, University California San Diego Medical School
- Wellness Coach Training, Mayo Clinic, Rochester MN
- Mindful Self-Compassion Core Skills training with Kirstin Neff, PhD and Chris Germer, PhD
- Positive Neuroplasticity Training - Professional Course with Rich Hanson, PhD

Nancy currently teaches introduction to Meditation with the Zen Community of Oregon. As a single parent for over 20 years, she has navigated many challenges and experienced great joy in parenting two children, dogs, cats, birds, chinchillas and a frog. Having experienced personal transformation as a result of mindfulness practice, Nancy is devoted to educate our community about how Mindfulness and Meditation can lead us to discover and tap the innate resources we all embody to bring about insight, transformation, and healing in our lives.



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.

Women's Retreat May 4-6, 2018, Regular Registration

Retreat Registration Options

The full weekend retreat includes 2 nights, 5 meals, and a great facilitated program. **Because of the wonderful response to our early registration call for full weekend participants, we are able to offer a Saturday-only option for women who cannot join us for the entire weekend.**

To summarize the two ways to attend the retreat this year:

Option 1 -- Register for the full weekend for \$175

Option 2 -- Register for Saturday-only for \$65. The Saturday-only option includes up to 3 meals at Tilikum. Please indicate on the registration which meals you will have with us.

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 2018 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 4-6, 2018 Registration Form

This form and check due by April 15, 2018

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)

<i>Choose one of these registration options</i>		<i>If Saturday-Only, which meals will you have at Tilikum?</i>
<input type="checkbox"/> <i>Full Weekend</i> \$175 due Apr 15	<input type="checkbox"/> <i>Saturday-Only</i> \$65 due Apr 15	<input type="checkbox"/> Saturday Breakfast <input type="checkbox"/> Saturday Lunch <input type="checkbox"/> Saturday Dinner

<i>Choose one or more of these optional items, as fit your needs</i>	
\$	Medical Diet \$1 per meal (\$5 for full weekend). Please fill out the medical diet form and return with your registration.
\$	2018 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

<i>Mark any of these items as they apply</i>	
	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 503-781-0321 or kwittenburg@comcast.net
- Sue Kozak 503-453-2133 or cosmokozak@yahoo.com

Confirmation letters with retreat details will be sent out the week of April 16, 2018.

Thank you so much for joining us!

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 4-6, 2018**

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: _____