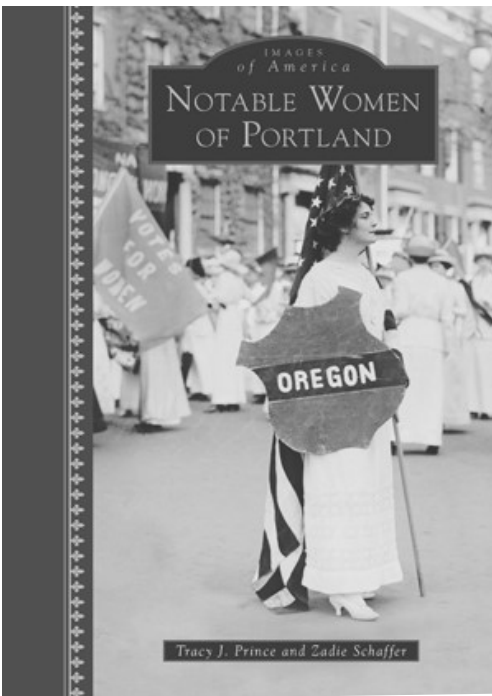


# 43rd Annual Southminster Women's Retreat May 3 - May 5, 2019

## *Untold Stories: Shining a Light and Inspiring Action*

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!

Our Retreat invited speaker this year is Dr. Tracy Prince, author, historian and Affiliated Professor of American Indian Teacher Program in Curriculum Instruction.



We will kickoff our program time with a presentation from Tracy's most recent book, **Notable Women of Portland**, which she co-authored with her teenage daughter, Zadie Schaffer. Their book opens with, *"The story of Portland, Oregon, like much of history, is usually told with a focus on men's stories. This book tells about some of the women who made Portland what it is today. Their stories inspire us, make us want to understand the social norms they were living in, and help to more accurately reframe Portland's history."*

Tracy will facilitate interactive sessions in which we will share stories from our lives, families and communities.

Does a voice in your head say, "But I don't have any good or important stories to share!" Nonsense! We all have big and small moments in our life or lives of family and friends that illustrate who we are in that moment.

When told and heard our stories can be pieced together like a quilt reflecting our shared humanity.

Tracy will also share ancestry and research tips focusing on the importance of telling stories about people whose lives may have been considered insignificant by others.

What do we risk as a community if these stories remain untold? What do we gain by telling and hearing each other's stories? What responsibility do we have to reclaim and tell the stories of those society has overlooked? Stories connect and inspire. Where will that inspiration lead you? Together we will explore actions we may take with family, friends or community after this reflective and fun program.

**Who will know your stories tomorrow, if you don't share them today...  
or at least at Retreat!!!**



### **More about Tracy:**

Tracy is an Affiliate Research Professor at Portland State University. She is author of *Portland Goose Hollow and Culture Wars in British Literature* and co-author of *Notable Women of Portland* and *Portland Slabtown*.

Tracy writes, “Born in Little Rock, Arkansas after the Civil Rights Act, I have spent my career teaching and writing about race, gender and society equity issues. I uncover forgotten historical moments by digging through archives and interview folks about the good ol’ days. I enjoy making historical research accessible and compelling.”

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Our Women’s Retreat has met for many years at the Tilikum Retreat Center near Newberg, Oregon. It provides the peace that a spiritually and 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

**We hope you will join us for this fun and inspiring weekend!**

# **Women's Retreat May 3-5, 2019**

## **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 to 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 3-5, 2019 Registration Form

## This form and check due by April 14, 2019

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</i>
<input type="checkbox"/> <b>Full Weekend</b> \$175 due Apr 14	<input type="checkbox"/> <b>Saturday-Only</b> \$65 due Apr 14	<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.
\$	2019 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>	
<input type="checkbox"/>	I would like to carpool as a DRIVER.
<input type="checkbox"/>	I would like to carpool as a PASSENGER.
<input type="checkbox"/>	I would like to lead grace before a meal (scripture, song, or poem).
<input type="checkbox"/>	I would like to help with Sunday morning worship.

### **Registration Questions?** Please contact:

- Karen Wittenburg      503-781-0321 or kwittenburg@comcast.net
- Audrey Schiedler      503-318-7876 or ascheid62@hotmail.com

Confirmation letters with retreat details will be sent out the week of April 15, 2019.

**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 3-5, 2019**

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: _____