



SOUTHMINSTER
Presbyterian Church



Exploring Innerspace

44th Annual Women's Retreat | May 1 - 3, 2020

Our retreat theme is “Exploring Innerspace.”

Innerspace... what **IS** it? Got one? How do I find it? Can my GPS find it? Have you hugged your innerspace today? What do I do with it when I find it?

Great questions! Bring your questions, curiosity, and wisdom as our invited program leader, Toni Kennedy, facilitates ‘Exploring Innerspace.’

Join Us for individual reflection and group dialogue in a safe, supportive setting.

Explore • Laugh • Connect • Wonder • Women’s Retreat!



More about Toni:

Antoinette Kennedy is a native Oregonian, teacher, and writer. She received her BA in English literature from Marylhurst College, her MA in Franciscan Studies from St. Bonaventure University, and did postgraduate studies in drama at the University of Oregon. After completing the Oregon Writer’s Project and the Northwest Writing Institute at Lewis & Clark College, she received writing fellowships from Fishtrap and Oregon Literary Arts. Her memoir, *Far from Home*, the story of her life as a Franciscan nun from 1961-1985, was published by Fuze Publishing in April of 2018. She lives in Hillsboro, Oregon.

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
- √ 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 1-3, 2020 Registration

Retreat Price and Payment 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 2020 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 1-3, 2020 Registration Form

This form and check due by April 12, 2020

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)

Choose one of these registration options		If Saturday-Only, which meals will you have at Tilikum?
<input type="checkbox"/> Full Weekend \$175 due Apr 12	<input type="checkbox"/> Saturday-Only \$65 due Apr 12	<input type="checkbox"/> Saturday Breakfast <input type="checkbox"/> Saturday Lunch <input type="checkbox"/> Saturday Dinner

Choose one or more of these optional items, as fit your needs	
\$	Medical Diet \$1 per meal (\$5 for full weekend). Please fill out the medical diet form and return with your registration.
\$	2020 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

Mark any of these items as they apply	
	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
- Audrey Schiedler 503-318-7876 or ascheid62@hotmail.com

Confirmation letters with retreat details will be sent out the week of April 13, 2020.

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 1-3, 2020**

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: _____