

Women's Retreat April 29 - May 1, 2022

Registration

Retreat Registration Options

The full weekend retreat includes two nights, five meals, and an engaging facilitated program. This year – since we are not bringing in an outside speaker – we are able to lower the cost of the retreat to \$150 for the full weekend event.

If we receive at least 25 registrations by March 15, we will be able to offer a Saturday-only option for \$65. The Saturday-only option includes up to three meals at Tilikum. Please indicate on the registration form which meals you will have with us.

Scholarship Requests

It is the intent to make the Women's Retreat available to all 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 contact:

Kathie Huddleston	k.huddleston@mac.com	(503) 201-2009 <i>or</i>
Audrey Scheidler	ascheid62@hotmail.com	(503) 318-7876

All requests are confidential.

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 – 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 2022 program costs.
- The Women's Retreat FUNd, which is then invested and used for future retreats.

Both of these types of donations are tax-deductible. For recordkeeping purposes, it is helpful if donations are separate checks from the registration checks.

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Registration Form

Completed registration forms and payments due by April 1, 2022.

Attendee Name: _____ Phone: _____

Email: (if you are want to receive confirmation via email)

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

Choose one of these registrations options		If Saturday-only, which meals will you have at Tilikum?
<input type="checkbox"/> Full Weekend \$ 150 due April 1	<input type="checkbox"/> Saturday only* \$ 65 due April 1 <small>* available if we receive 25 registrations by March 15, 2022</small>	<input type="checkbox"/> Saturday Breakfast <input type="checkbox"/> Saturday Lunch <input type="checkbox"/> Saturday Dinner

Choose one or more of these optional items.	
\$	Medical diet \$1 per meal (\$5 for entire weekend). Please complete the medical diet form and submit it with your registration.
\$	2022 Program Cost Donation. Fill in amount of donation. Tax-deductible. Prefer separate check from registration check.
\$	Perpetual FUNd Donation. Fill in amount of donation. Tax-deductible. Prefer separate check from registration check.

Registration Submission

- Make check out to Southminster Presbyterian Church.
Write "Women's Retreat Registration" in the memo field.
- Drop off payment and registration paperwork in the church office.

Weekend Options

Mark all items that 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.



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 plates.
- We will make you an individual meal with the specifications listed below to the best of our abilities. Menu is chef's choice based on seasonal availability.
- **Tilikum charges an additional \$1 per meal per person for medical diet requests due to higher costs.**
- *We are not a dedicated facility* and process all types of foods in the same kitchen, including scratch-made breads daily.
- If you bring foods, you may keep these items in our guest mini-refrigerator or bring your own ice chest and we'll supply you with ice. There is a guest microwave and toaster oven in the dining room.
- 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 Coordinator 2 weeks before arrival. Please pay your group coordinator.

Guest Name: _____

Group Name: Southminster Presbyterian Church Women's Retreat, April 29 - May 1, 2022

Guest Phone: _____ Guest Email: _____

Arriving Date: _____ Breakfast Lunch Dinner

Departing Date: _____ Breakfast Lunch Dinner

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

Vegan, **Vegetarian**, **Pescatarian** (eat fish, no other meat), ***but*** I do eat: Dairy Eggs or items that contain:

Gluten free, ***but*** I do eat:

Dairy Free, ***but*** do eat: items cooked with butter milk

No Sugar, ***but*** I do eat: Honey Coconut Sugar Real Maple Syrup _____

No Peanuts No Tree Nuts No Pork No Beef No Eggs No Soy
 No Shellfish Paleo Diet Other/Comments (please note if you may have a reaction from the dust of the allergen in the air):



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