

39th Annual
Southminster Women's Retreat
May 1-3, 2015

Introduction To Soul Collage

With Kathryn King



Southminster's women's retreat is an annual gathering of our community of women. A planning committee has been working on a program that will provide mind-body-soul connection, and deepen our sense of community at Southminster.

We chose Soul Collage as our retreat theme, as collage is a simple, creative, fun activity that anyone can do as part of a Spiritual practice. Kathryn King is a trained facilitator who will introduce the practice to our group in the retreat setting. Kathryn describes the experience for us:

“By selecting images and . . .creating a collage, we gain valuable information about what is going on for us on the heart and soul level. This process involves the use of both the right brain (images) and then the left brain (journaling exercise) and therefore often gives us access to surprising internal information. Although SoulCollage® cards can be made at any time, it is especially powerful to make cards together with other women. It is a fun process, no artistic talent needed, and everyone leaves the class knowing something new about herself or being validated for things she already knew. “

We will walk thru the practice of making a Soul College card, and have materials available for making several cards throughout the weekend as you choose.

The retreat is held at the Tilikum Retreat Center in Newberg Oregon. Camp Tilikum is A Ministry of Northwest Yearly Meeting of Friends (Quakers). Located only an hour from Beaverton, Tilikum is deep in Yamhill County wine country and 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.

Retreat Weekend Includes:

- ✓ All Soul Collage supplies provided (we will ask you to bring scissors)
- ✓ 2 mornings of "Inter-Play" activities with Marci Rau
- ✓ 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 (Saturday afternoon only)
 - A ride on the infamous "Big Swing" in Tilikum's Challenge Course
 - Coffee, tea, and hot chocolate available 24 hours/day
 - **NEW:** Access to retreat center Hot Tub!

Registration Form

Contact Information:

Name: _____ Phone: _____

Address: _____

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

Registration Fee Computation:

\$ 160 Basic weekend retreat price for 2 nights and 5 meals

\$ _____ NEW! Add \$5 if a Medical Diet* is needed

\$ _____ Full or Partial Scholarship Request (All requests receive a confirmation call and are handled with complete confidentiality.)

\$ _____ TOTAL Amount Due – Check Only - Due by April 24, 2015. Checks should be made out to *Southminster Presbyterian Church*, with "women's retreat registration" in the memo field. Drop off payment and registration in the church office.

* NEW: Medical Diet Requirement

Tilikum pays careful attention to food requirements of their guests, and will modify recipes to exclude known allergens of a single individual. If they are not able to do this, they will cook a separate entree for that person. Beginning this year, they are assessed a \$1 per meal surcharge for MEDICAL DIET REQUIREMENTS. If you require a Medical Diet, you must also complete the attached Medical Diet form and submit it with your registration.

Other Information:

I am interested in carpooling as a: Driver Passenger

Ways You Can Help:

I'd love to lead grace before a meal (scripture, song, or poem): Yes No

I'd love to help with Sunday morning worship: Yes No

Registration Questions?

Please contact Karen Wittenburg : 503-781-0321 or kwittenburg@comcast.net

The Fine Print: Your spot is reserved when payment is received.

Confirmation notices, including "what to bring" and maps, will be emailed the week of April 20th

FAQ About Southminster's Women's Retreat

Women's Retreats have been planned for 39 Consecutive Years!

In 1976, 60 women attended the first retreat, "getting away" for 1-night. A full weekend retreat was planned every year since! Retreat themes have evolved over the years. Early retreats focused on marriage and parenting topics. As the church and society evolved, women's roles evolved and women's rights were hot topics. During times of transition, we focused on . . . transition! In the last number of years, our focus has been mind-body-soul connectivity. Each year we solicit topic of interest for the following year to keep our retreat relevant to our lives, our times.

Women's Retreat is Self Funding.

We have two sources of funding for the expenses of the retreat. The registration fees collected, and a perpetual fund. We do not rely on the Church's operating budgets for our program or scholarship funding.

In 1997 The women of Southminster donated \$22,000 for the creation of a perpetual fund to support participation in the annual retreat. The funds are used to keep the costs of the retreat manageable for participants by subsidizing the cost of the retreat experience.

Women's Retreat Builds Community.

It is a time and place to explore our lives and deepen our connections to each through the many structured and unstructured retreat activities

Each year we receive additional donations to the Women's Retreat. We use these funds to pay the costs of the Tilikum retreat center for those who have asked for full or partial help with the registration fees of the retreat.

You can help by continuing the legacy of Southminster's Women's Retreats.

Please consider making a contribution directly to our WR FUNd so these invested contributions can grow and assure healthy finances for Women's Retreats to nurture the Southminster community of women for generations to come. Thank you!!!



Women's Retreat FUNd* Donation

*(*emphasis intentional)*

■ Tax deductible donation to Women's Retreat FUNd _____

Checks should be made out to *Southminster Presbyterian Church*, with "Women's Retreat FUNd" in the memo field.

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Tilikum's Medical Diet Request Form

We are excited that you are coming! We are able to accommodate most medical dietary needs when given prior notification. Tilikum charges an additional \$1 per meal for "Medical Diet" requests due to additional preparation and higher cost of food. 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.

We take great care to avoid cross-contaminating food groups, but are not a dedicated facility and will process all types of foods in the same kitchen. Guests are encouraged to bring supplemental snacks or foods, when faced with a restrictive diet. All guests assume personal responsibility for their dietary needs and communication of those needs. We encourage you to clarify with us at the time of service, if there are ingredients that are unsafe for you. Our staff will attempt to modify food preparation when we are able to do so.

Please return this form immediately to KAREN WITTENBURG who will submit this form two weeks prior to your arrival to Tilikum's Guest Services Director.

****Please PRINT Clearly****

Guest Name:

Guest Home or Mobile Phone:

Guest Email:

Please note any meals you plan to miss during the retreat:

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

Vegetarian/ I do eat (circle if applicable) Chicken, Turkey, Fish, Eggs

Vegan/ I do eat (circle if applicable) cheese, eggs, butter or items that contain these cooked ingredients

Gluten free/ I do eat

Dairy Free/ I do eat (circle if applicable) items cooked with butter, milk

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

- No Sugar
- No Pork
- No Eggs
- No Peanuts
- No Beef
- No Soy
- No Tree Nuts
- Pescatarian (eat fish, no other meat)
- Other:

15321 NE North Valley Road, Newberg, OR 97132

Phone: (503) 538-2763 ext. 101 Fax: (503) 538-7536

Email: michelle@camptilikum.org Online: www.camptilikum.org

A Ministry of Northwest Yearly Meeting of Friends (Quakers)

