**2018 COLORADO QUAKER WOMEN’S ANNUAL RETREAT**

**April 27-29 at Highlands Presbyterian Camp and Retreat Center, Allenspark, CO**

*Please register by Sunday, March 18. Space is limited, so please register early.*

*(You may check with us after that date to see if space is still available.)*

***Theme***: ***Playing with Spirit and the Arts***

With so many things wrong in our world, it’s easy to forget that we also need to nurture ourselves. Let’s get together to do that by exploring art, sharing our spirits, our spiritual insights, and considering what steps we can take to send out positive ripples from our actions.

***Queries:***

* When times are hard, what types of creativity help you find your quiet center?
* What kind of art do you enjoy doing for the pleasure and renewal the creative process gives you? Describe a time when being creative especially renewed you.
* What spiritual practices help you in good times and/or in hard times? When has a particular practice helped you in a really strong way?
* Describe a technique that especially helped you heal from or stay strong during a time of stress.

More queries may be sent out in March before we gather. Please share any ideas you have for activities around the theme.

***Proposed Schedule***:

Friday evening

Bring a snack to share. We will gather as a circle to introduce ourselves and our theme.

Saturday

Yoga or Tai Chi or other early-morning exercises

Breakfast

Worship sharing

Lunch

Creative time – performing, writing, painting, drawing, music, collage etc.

Nature Hike

Worship sharing

Dinner

Music/dancing

Sunday

Yoga/Tai Chi or other early-morning exercises, worship sharing, cabin cleaning, Meeting for Worship, evaluations, lunch.

***Accommodations***: There are two options for lodging:

- Modern (heated!) cabins with dorm-style bunk beds, shared bathrooms, and lounge

- Retreat Center rooms (hotel-style), sleeping 3-6 people each

***Meals*:**

On the registration form, you can select any or all meals from breakfast Saturday through lunch on Sunday. Vegetarian options are available, and special dietary requests can be accommodated.

For questions or more information about this please contact Gail Hoffman (Mountain View Friends Meeting) at (303) 989-6454 or hoffman2@centurylink.net

**We look forward to seeing you there!**

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***Registration Form***

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Meeting for Worship (circle): Boulder, Colorado Springs, Ft. Collins, Mountain View, Wyoming, Other\_\_\_\_\_\_\_ (please name)

E-mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- |
| **Fees** | **Circle all** | **Total** | Make checks payable to:  **Colorado Regional Meeting**  Send checks and registration to:  **Gail Hoffman**  **9300 W. Tennessee Ave.**  **Lakewood, CO 80226**  For more information contact Gail:  (303) 989-6454; [hoffman2@centurylink.net](file:///C:\Users\Barbara\Downloads\hoffman2@centurylink.net) |
| Cabin Lodging - $25/night | Fri Sat | $ |
| Retreat Center Room (shared with 2-3 others) - $50/night | Fri Sat | $ |
|  |  |  |
| Breakfast - $8.00/each day | Sat Sun | $ |
| Lunch - $10.00/each day | Sat Sun | $ |
| Saturday Dinner - $14.00 |  | $ |
| Registration fee (covers chapel rental) | | $ 20.00 |
| Optional Donation to Scholarship Fund | | $ |
| **TOTAL ENCLOSED** | | $ |
| **Request from Scholarship Fund** | | $ |
| **Registration forms and payment are due Sunday, March 18, 2017** (you can e-mail by then to save your spot)  After March 18, please contact Gail to make sure there is still space available.  In early April, you will receive an email with directions and suggestions on what to pack. If you don’t have e-mail, please be sure to provide your phone number! | | | |

Special needs/requests (dietary or physical):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Roommate request(s) if staying in Retreat Center (we can reserve triples or quads):  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Would you like to share or lead something? (e.g., morning yoga/tai chi, a creative art, nature hike, a worship sharing group) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Interested in carpooling? Please circle one, if applicable:

* I would like a ride
* I’m willing to drive and have room for \_\_\_ passengers.

Registration form may also be downloaded at: http://tinyurl.com/CQWR2018