

# Balancing our Cups and Plates

Foothills United Methodist Women's Retreat

August 20-22, 2010

Zephyr Point Presbyterian Conference Center

Join us for another spiritual retreat in Tahoe. This year our spiritual retreat leader is, Reverend Becky Goodwin. As always we are looking forward to a time of sisterhood and spiritual renewal. Bring a sister, daughter, or friend! Currently we have reserved enough rooms for 47 people and if more want to come we can obtain some additional rooms if we know early enough so there should be room for anyone that wants to attend! This year we will again be staying at the Tallac Center, a newer center that is near the gift shop and overlooks the water! You may use the form below to sign-up and reserve your spot by sending a \$55 deposit to our retreat leader, Emily Harris. The total cost of the retreat is \$125.00 which includes all of your meals. Scholarships are available if needed, just contact Emily Harris.

## **Basic Retreat Information**

- Retreat Coordinator: Emily Harris, please contact her with any needs or questions you might have.
- Spiritual Retreat Leader: Reverend Becky Goodwin, Rancho Cordova UMC
- Cost: \$125.00
- \$55.00 deposit needed to reserve your spot: (**please make check out to FUMC UMW** and mail deposit to Emily Harris.) Please send us your deposit by July 1<sup>st</sup> or as soon as you can along with your registration form. We do need to know as early as possible if you will be attending in case we have to obtain additional lodging. Also, please note on the registration form below if you need a vegetarian meal as the vegetarian meals are reserved **only** for the ones that requested them on their registration form below.

Join us again or for the first time in one of the most beautiful retreat centers in the world, a place to listen to God and feel his presence around you, from the majestic Sierra mountains to the shimmering waters of Lake Tahoe.

----- Please detach on this line and send to Emily Harris -----

Yes, please sign me up for this year's UMW retreat.

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

Roommate request (if known): \_\_\_\_\_

Food allergies \_\_\_\_\_

Vegetarian Meals Preferred \_\_\_\_\_

Other needs (accessibility, etc.) \_\_\_\_\_

**A \$55 deposit is requested as soon as you are able. Please make check out to FUMC UMW and send along with the bottom part of this sign-up form to Emily Harris**