

2019 COLORADO QUAKER WOMEN'S ANNUAL RETREAT
April 26-28 at Highlands Presbyterian Camp and Retreat Center, Allenspark, CO

Please register by Friday, March 22. Space is limited, so please register early.

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

Theme: How can we *empower* ourselves and *support* other women?

Initial Queries:

- Are we aware of oppression we experience as females, and how it affects us? What is our spiritual response?
- How do we as females experience joy and authenticity?
- Do we see other women as competition or as comrades in our journey?
- How do we empower other women while communicating across cultural lines or barriers? How do we stand up against sexism and other forms of oppression?
- Do we experience lack of empowerment in our Quaker meetings? What can we do about that?

Basic Schedule:

Friday evening

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

Saturday

Saturday morning

Yoga or Tai Chi

Breakfast

Workshop on the theme, led by Mary Golden

Worship sharing/worship walking/worship discussion

Lunch

Worship sharing

Workshop 2 (TBC)

Worship sharing/worship walking/worship discussion

Nature Walk

Dinner

Music/Dancing

Sunday

Yoga/Tai Chi, 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
- A retreat center room (hotel-style) that sleeps 3-4 people

Meals:

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

For questions or more information about this please contact Polly Washburn (Mountain View Friends Meeting) at (720) 466-5268 or polly@distantpeakproductions.com

We look forward to seeing you there!

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Registration Form (if you can, please use online form at: tinyurl.com/CQWR2019)

Name: _____

E-mail: _____

Phone: _____

Address: _____

Fees	Circle which nights	Total	Make checks payable to: Colorado Regional Meeting Send checks and this form to: Polly Washburn 1100 E. 17th Avenue #F302 Longmont, CO 80504 For questions or more information contact Polly: (720) 466-5268 polly@distantpeakproductions.com
Cabin Lodging - \$25/night	Fri Sat	\$	
Retreat Center Room (shared with 2-3 others) - \$50/night	Fri Sat	\$	
Single - \$125/night or split with a known roommate - \$63/night	Fri Sat		
Breakfast - \$8.00/each day	Sat Sun	\$	
Lunch - \$10.00/each day	Sat Sun	\$	
Saturday Dinner - \$14.00		\$	
Registration fee		\$ 10	
Optional Donation to Scholarship Fund		\$	
Request from Scholarship Fund		\$	
TOTAL ENCLOSED		\$	

Registration forms and payment are due March 22, 2019
 (you can email by then to save your spot)
 After March 22, please contact Polly to make sure there is still space available.

About a week before the retreat, you will receive an email with directions and suggestions on what to pack. If you don't have email, please be sure to provide your phone number!

Special needs/requests (dietary, physical): _____

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

Would you like to share or lead something? (ex. morning yoga/tai chi, creative art, nature hike...)

Interested in carpooling? Driving Getting a Ride Either Neither