

## Registration page 1

To help us plan for a pleasant retreat, please answer all of these items that apply.

**Meals**-I will be present at

- Dinner Friday
- Dinner Saturday
- Breakfast Sunday

Dietary needs?

---

### **Accommodations**

(Rooms will be assigned prior to the retreat):

- Prefer Quiet Cabin

Will need a bed

- Friday
- Saturday
- Both

Bunk Bed Preference

- Bottom
- Top
- No preference

I would like to share a room with:

---

### **Workshop Choices**

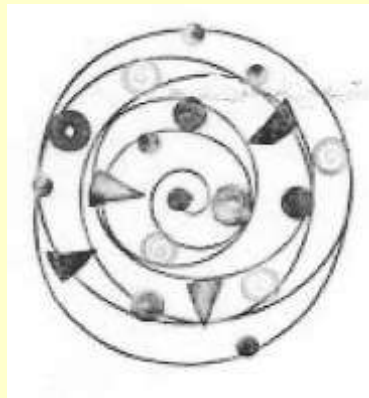
(enter number from description list):

Morning Choice #1 \_\_\_\_\_ Choice #2 \_\_\_\_\_

Afternoon Choice #1 \_\_\_\_\_ Choice #2 \_\_\_\_\_

**Please turn over for rest of registration**

## Faith Stories



2010 Minnesota Conference  
United Church of Christ  
Women's Retreat

September 17-19, 2010

Pilgrim Point Camp  
Alexandria, MN

Join friends, old and new, for a wonderful  
weekend of fellowship, relaxation, and  
FUN!

## The Retreat

We are diverse in our origins and our daily lives. Let's get together, share about ourselves, learn about others, and renew our energy for living our lives!

**Check-in begins at 5:00 p.m.**

**Dinner begins at 6:00 p.m.**

**Registration deadline:**

**Sept. 3, 2010**

**Mail Registration & payment to:**

Nancy Johnsen

Mizpah UCC

412 Fifth Avenue North

Hopkins, MN 55343

### **What to Bring**

(We're going green!):

- Sleeping bag, pillow, sheets, etc.
- Towel and toiletries
- Weather-appropriate, comfortable clothing
- Journal, Bible
- Flashlight
- Coffee/tea mug; water bottle
- Re-usable bag (no folders provided)

Bring if you want:

- Camera
- Chair cushion
- Yoga mat
- Snacks to share (in re-usable container, please)

## Our Speaker

Our keynote speaker and worship leader will be *Rev. Vicki Wunsch*, an ordained minister in the United Church of Christ. Vicki's experience has included facilitating a wide variety of workshops and trainings for churches. She is a trainer for Family and Children's Service, training school staff and administrators on ways to engage immigrant parents and families in our schools. Vicki is also a consultant with The Institute for Welcoming Resources, helping congregations in community organizing principles to become more fully inclusive of LGBT people.

## Morning Workshops

### 1. Karma and Reincarnation - Lynn Walker

What is karma? Dharma? How do you incur and perpetuate karma? How do you recognize a karmic episode and resolve it? Why is reincarnation a gift? The answers may not be as elusive as you think.

### 2.The Transgender Journey-Dee Dressler

Dee will be sharing stories from the journey of her life. It is the journey from male to female and the support she has received from her family, her church, her friends, her work and her community. Bring your questions to learn more about what it means to be a person who is transgender.

### 3.Discerning Your Personal Myth- Sharon James Fazel

Referencing Joseph Campbell's "Hero with a thousand faces," this workshop integrates images from Jean Shinoda Bolen's work to express the journey as women's experience. Using these images and music, we will embark on a journey of the mind that will help us to tell our stories as our own personal myth.

## Afternoon Workshops

### 4. Reflecting with Nature– Lynne Day & Nancy Johnsen

Prayer is defined as " words addressed to God". During this time you will be surrounded by the beauty of the camp as you take time to pray and meditate. The walk will take place outside at prayer stations. Each station will have a reflective message; a place to start...the rest is up to you.

### 5.The Turkish Scarf Project – Diana Hanke

Learn how the women of Kaynasli, Turkey support themselves, their families, and their community with this traditional art. Try a bit of finger weaving yourself.

### 6.Finding Yourself with Art – Sharon Cizek

Fashion a self-portrait using the creativity of watercolor and other found mediums, like twigs or feathers that express a part of who you are/what you like. Bring out the inner you with a self-portrait.

### 7.Surviving Cancer and Homicide – Cindy Wiltjer

"Blessed are the flexible because they will NOT be bent out of shape"

In addition to the workshops, we will be having some free time in the afternoon, as well.

## Registration page 2

*Be sure to complete reverse side, too!*

Register by **September 3, 2010**

Suggested Registration Fee: \$95

Or what you are able. Fee includes lodging, program, & Friday-Sunday meals.

Please make checks payable to:

**MN Conference UCC.**

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

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

City: \_\_\_\_\_

State/Zip: \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Church  
Affiliation \_\_\_\_\_

### Questions?

Contact Sue Scully:

(952) 541-1261

[grout98@aol.com](mailto:grout98@aol.com)

### Mail Registration to:

Nancy Johnsen

Mizpah UCC

412 Fifth Avenue North

Hopkins, MN 55343