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## ANNUAL Unitarian Universalist WOMEN'S RETREAT SEPTEMBER 15-17 2017 – BETHLEHEM RETREAT CENTRE – NANAIMO

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Join a group of Unitarian Women from BC for a weekend of connecting, writing, and nature.

The Bethlehem Retreat Centre is located in a serene setting overlooking Westwood Lake in Nanaimo. There is a walking trail around the lake, and a garden labyrinth for walking and meditation.

Schedule: The weekend begins Friday evening with dinner at 5:30, followed by an opening circle at 7:15 PM. Registrants can arrive after 4:30. Closing circle will be on Sunday at 1PM after lunch.

Meals: All meals are included in the registration fee, from Friday dinner to Sunday lunch. If you are a vegetarian, gluten-free or dairy-free, please indicate this on the registration form. If you are on a very restricted diet, you may need to bring your own supplements and there is a refrigerator & microwave for our use.

Accommodations: The centre supplies towels, bedding, pillows and comforters. Each woman has a single room to use for the weekend and washrooms are shared. There are four bedrooms available in the main building for those with limited mobility.

For more information about the Centre and directions please visit: <https://bethlehemcentre.com/>.

Workshops: The Saturday morning workshop is ***Write Your Life***. Memoir? Family History? Anecdote? It all starts in the same place. With YOUR life. Lois Peterson and Maggie de Vries offer lively prompts, challenges, writing exercises and discussion to help you mine your own experiences and put words on the page - whether you choose to share them with friends and family, or keep them to yourself. There will also be an evening Energy Dancing workshop (Friday or Saturday) with Kimberly Bramadat.

Crafts & Exchange, Music etc: There will be a Saturday afternoon craft along with free time for walking the lake trail. We also provide an exchange table for jewellery, books, and small items of good quality clothing. Please also feel free to bring musical instruments, drums, books, magazines, games, etc. to share Saturday evening and over the weekend.

Sunday Worship Service is "Quaker/UU style" and women are reminded to bring a meaningful reading, song, chant, dance, etc. to share. Please bring an LED candle light and holder, and a small token that would represent you to place on the altar at the Friday ingathering, and in the chapel (real candles are not permitted at the Centre).

Getting There: Someone can meet you in Nanaimo at the ferries or sea planes on Friday no later than 5 PM. If you must arrive later, you will need to drive, take a taxi, or bus ([bus # 5 Fairview](#) stops very close to the Retreat Centre, stop #109758). Rides are available back to terminals Sunday after lunch.

Registration: The fee is **\$265 per person**, all-inclusive for the entire weekend. Cancellations before September 1<sup>st</sup> will be refunded except for \$15 administration fee. After September 1st, cancellations refunded only if there is a wait list with another woman able to attend in your place. A wait list will be established after 23 women register and cheques will be returned until space becomes available.

Questions? Janice Hocking, Nanaimo, [tjhocking@shaw.ca](mailto:tjhocking@shaw.ca) (250-390-1332) or  
Lois Peterson, Nanaimo, [loispeterson@hotmail.com](mailto:loispeterson@hotmail.com) (250-758-1601) or  
Theresa Marion, Vancouver, [tm Marion3@yahoo.com](mailto:tm Marion3@yahoo.com) (604-687-4864)

To register, please fill out the attached registration form. Payment can be made by cheque or by e-transfer (details on registration form).

Thank you.

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**Vancouver Island Unitarian Universalist  
Women's Retreat Sept 15-17, 2017  
REGISTRATION FORM**

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Name:

Address:

Home phone:

Cell phone:

Email Address:

Emergency Contact Name & Phone #:

Are you planning on joining us for dinner on Friday at 5:30?  Yes  No

Meal restrictions\*  vegetarian  gluten-free  dairy-free

\*These are the only restrictions that the Centre can accommodate. If you are on a very restricted diet, you may need to supplement with your own food; a refrigerator, kettle, and microwave are available for you to use.

Is there an activity, ritual, etc. you would be willing to lead or organise? If so, please give short description and give time needed. Remember that this retreat depends on what you are able to share to continue to make the weekend a meaningful gathering of women.

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Cost: **\$265** per person, all-inclusive for the weekend

Payment method (choose one)

Mail

Send registration, and cheque payable to Lois Peterson to

**Lois Peterson, #412, 4728 Uplands Drive, Nanaimo, BC V9T 4S9**

Email

Email this registration form, and send an e-transfer to

**Theresa Marion** at [tm Marion3@yahoo.com](mailto:tm Marion3@yahoo.com)

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I will need to be met at the ferry or elsewhere in Nanaimo @ \_\_\_\_\_ (before 5PM)

Note: [Bus # 5 Fairview](#) stops very close to the Retreat Centre (stop #109758).

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