

Registration Form:

Name: _____

Phone: _____

Cell Phone: _____

Email: _____

Mailing Address:

Enclosed is my full payment of \$225.

**There will be no refunds after
October 18th.**

I would like to make a donation of
\$_____ to defray expenses or help with
scholarships.

I would like to request a partial or
full scholarship in the amount of
\$_____.

Which is the best way to contact you:
Email___ Phone___ US Mail ___

Transportation:

I would like to drive my car and I
can take _____ passengers.

Two weeks before the retreat we will
email all participants with the names
and contact information of those per-
sons who have volunteered to drive.
You may contact them directly to ar-
range transportation. For questions
about transportation contact M.E.
Kintzi 206-755-7058 kintzi@msn.com.

For other questions ask Kathy Graunke
at kathygraunke@gmail.com or Nancy
Goodno at arnogoodwein@gmail.com.

Dining:

I have special dietary needs (*specify*):

Accommodations:

- I require a lower bunk.
- I require a handicap accessible room.
- If available, I would like a private room.



*St. Stephen's Episcopal Church
4805 NE 45th Street
Seattle, Washington, 98105
206-522-7144
www.ststephens-seattle.org*

**You are invited!
St. Stephen's Church
Women's Retreat**

November 1st—3rd 2019



Theme: "Solace and Strength— Finding the
Other in God, the World, and Ourselves"

Location:

St. Andrew's House, Hood Canal

Registration Deadline:

Friday October 18th, 2019

Theme:

“Solace and Strength: Discovering the Other in God, the World, and Ourselves”
Always invited to transformation, Christians are held in the grace of a loving God. While change can be disruptive, the promise of growth and discovery calls us forward ever more into the Divine.

This retreat will offer a variety of invitations to lean slightly out of our comfort zones and into the embrace of God. Tucked between All Saints’ Day and Election Day, this weekend retreat offers women a pause to notice what is unfamiliar and changing in our relationships and in our lives. Come with a relaxed sense of curiosity and discover humor, grace, and diversity within and around you.

About the Retreat:

The retreat will be a time to play, knit, read, hike, sing, laugh and let someone else cook and clean. It will balance plenty of free time with the program content. We will begin on Friday evening with dinner and then an introduction, with time for getting acquainted and settling in.

On Sunday morning we will conclude with worship and communion followed by lunch. Come and invite a sister to sign up also.



Our Facilitator: Helen McPeak

And also a brief bio about me:

The Rev. Helen McPeak moved to the Skagit Valley in 2013. A priest in the Episcopal Church, she brings with her that rich tradition combining elegance in liturgy and curiosity in relationship. She previously served ministries in northern California and southern Nevada before bringing her bold preaching and articulate pastoral style to the Diocese of Olympia. Her current ministry includes an interim at First Evangelical Lutheran Church in Mount Vernon and Chaplaincy at Josephine Caring Community in Stanwood. Helen delights in the connections that arise in our lives together as neighbors. When she’s not in church, you might find Helen basking in the amazing PNW with family, friends and her black Labrador Retriever, Ceniza Rose. Helen is grateful to be with us as we pause for some rich and creative sabbath rest.

Accommodations:

St. Andrew’s offers views of the water and the beautiful Olympic Mountains. Rooms are comfortable with both private rooms as well as rooms for 2 to 5 women. Linens are provided: sheets, pillowcase, and towels. Two rooms are wheelchair accessible. The food is wonderful with farm-to-table, organic, free-range fare that can be gluten-free or vegetarian/vegan and accommodate other special dietary needs with prior requests noted on your registration form. The historic lodge and gardens have panoramic views of Hood Canal and the Olympic Mountains. Many nearby trails for hiking are close at hand as well as a labyrinth located next door.

Date and Time:

Friday, Nov. 1st, arrival begins at 4:00 PM.
Program ends at 1:00 PM, Sunday, Nov. 3rd.

Registration and Payment Deadline:

Friday, October 18th, 2019

Retreat Cost:

The cost for two nights’ lodging, six meals, materials, and program is \$225.00. Partial and full scholarships are available upon request. Please note your request on the registration. There will be no refunds after October 18th.

To Register:

Register by filling out the form on the reverse side or downloading one from www.ststephens-seattle.org (select ‘Community’ and then ‘Fellowship at St. Stephen’s’. Then scroll down to ‘Women’s Retreat’ in the middle of the page) Return it with your check made payable to St. Stephen’s. Write “Women’s Retreat” in the memo line. Mail, drop off at the church office, or put in black mail box located outside, to the left of the Parish Hall exterior entrance.



St. Andrew's House is a 1 hour and 45 minutes drive from downtown Seattle.

Please see their website for additional information about the location and accommodations.

www.saintandrewshouse.org

St. Andrew's House, 7550 E. Hwy 106
Union WA 98592 Phone: 360-898-2362