

TENTATIVE RETREAT SCHEDULE

Friday, May 28

7:00 PM Arrival – Registration at Boxcar begins
9:00 PM Evening Gathering
9:30 PM Fellowship

Saturday, May 29

8:00 AM Westminster Orientation
8:15 AM Grace/Breakfast
9:15 AM Singspiration
9:30 AM SESSION #1
11:30 AM Free Time
12:00 PM Table Reading/Lunch
1:00 PM SESSION #2
2:00 PM Free Time
5:00 PM Table Reading
5:15 PM Dinner
6:30 PM Singspiration
6:45 PM SESSION #3
8:30 PM Campfire
9:15 PM Fellowship

Sunday, May 30

8:00 AM Table Reading/Breakfast
9:15 AM Singspiration
9:30 AM SESSION #4
11:30 AM Free Time
12:00 PM Table Reading/Lunch
1:00 PM SESSION #5
2:00 PM Free Time
5:00 PM Table Reading
5:15 PM Dinner
6:30 PM Singspiration
6:45 PM SESSION #6
8:30 PM Campfire
9:15 PM Fellowship

Monday, May 31

8:00 AM Table Reading/Breakfast
9:15 AM Clean/Vacate Cabins (pack)
10:00 AM Singspiration

Monday continued:

10:15 AM SESSION #7
11:15 AM Worship
12:15 PM Lunch

NOTE: Each session will vary slightly. Some will be intergenerational, and some will be age appropriate group times. Our children's program will be led by Nancy Chee and her team.

Free Time Options

Archery ▪ Crafts ▪ Hiking ▪ Sports ▪ Snacks ▪ Swimming ▪ Table Games ▪ Rest

Arrival and Departure

Earliest arrival time is 7 PM on Friday.
The Retreat Program ends after lunch on Monday. We are invited to enjoy the grounds until 2:00 PM.

Our Guest Speaker: REVEREND RENEE RICO

Renee Rico is an ordained Presbyterian pastor whose niche is “intentional interim ministry” – which means her job is helping to lead congregations through transitions in pastoral leadership. Renee grew up in Southern California, majored in mathematical economics at Pomona College, then flew east to Washington, D.C. where she worked for the Environmental Protection Agency as an economic analyst and manager.

In addition to serving as a pastor, Renee teaches water aerobics at the YMCA, designs knitwear and teaches knitting, and loves to lead retreats. She also has a deep abiding concern for caring for all creation, and is delighted to be coming to Westminster Woods, where she has just joined the Board of Directors.

PCC 2010 MEMORIAL DAY WEEKEND ALL CHURCH FAMILY RETREAT

Registration Form

Name _____
Address _____
Phone (H) _____
(C) _____
E-Mail Address _____
Others in Family (include age of children)

Special Note: For each person age six and above, Westminster Woods' charge is \$173. The church recognizes each person/family's need for financial stewardship. So to encourage *all* to participate in this Retreat, the church is subsidizing the cost of the retreat (room and board, guest speaker and program materials.) If further support is needed, please check here ___ \$_____ and indicate amount. We really want everyone who wants to come to come!

Payment received by April 20:

Adults (18 and up): \$150

Children (age 6-17): \$100

Children 5 and under are free

Semi-Deluxe: \$200 (Please submit your request. Seniors will be given priority)

Payment received after April 20:

Adults (18 and up): \$173

Children (age 6-17): \$120

Children 5 and under are free

Make Checks Payable to:

Presbyterian Church in Chinatown

Return this portion with full payment to:

Presbyterian Church in Chinatown
925 Stockton Street
San Francisco, CA 94108
Attention: Mary Wong Leong/Family Retreat

(PLEASE CONTINUE FORM ON BACK)

ARRIVAL TIME

Friday night earliest arrival time will be 7:00 PM. There will be an informal gathering later in the evening, so people can register when they get there. Those arriving on Saturday, can register before breakfast or at 9:15 AM in Boxcar.

Health Information:

Specify any medications, allergies or special needs on a separate sheet.

___ I need vegetarian meals only please

Transportation (Check all that apply):

___ I can drive

___ I can drive, and give a ride to ___ additional people

___ I need a ride, please

NOTE: On a separate sheet, please list any **lodging concerns or requests.**



Reverend Renee Rico

What to Bring...

- Bible and writing tools
- sleeping bag and pillow
- sunscreen / insect repellent
- towels & toiletries
- warm jacket
- flashlight
- walking shoes
- snacks to share (opt.)
- sports equipment (opt.)
- swimwear (opt.)
- table games (opt.)

Note: Cellular phones do not work well in the Woods.

Directions to Westminster Woods

Driving north on 101, take the Cotati exit that says “**Highway 116 West**” (which is 9 miles past the 116 East Exit). At the light, **turn Left**. You are now heading west on Hwy. 116. Go through the town of Sebastopol, following the signs to stay on 116. After you leave the town of Sebastopol, you will drive through the country for about 2 miles to a Stop Light at **Graton Rd. Turn Left**. Travel another 7 miles on Graton Rd until the road ends in the town of Occidental at **Bohemian Hwy. Turn Right**. Travel about 4 more miles north. (You will pass Camp Meeker, which has a very large wooden sign across Bohemian Highway. Stay on Bohemian Highway.) Westminster Woods will be on your left past Alliance Redwoods. If you see Mt. Zion Camp, you have gone too far.

Approximate driving time from San Francisco is 1.5 hours. Carpooling is encouraged. Parking at campground is limited.

Westminster Woods
6510 Bohemian Hwy.
Occidental, CA 95465-9106
(707) 874-2426

PCC Memorial Day Weekend
All Church Family Retreat
May 28 - 31, 2010
Westminster Woods

Thriving Through Transitions: A White-Water Guide through Change

Are you finding that the more things change around you, the harder it is to manage them well? Does the thought of one more transition make you want to run away to Hawaii?

Come to the beautiful and quiet forest of Sonoma County for an inspirational weekend where we will experience some time away to get perspective and find strength and support for transitions.

We will look at the culture that we live in, and how our faith and some strategies can help us from staying in the “overwhelmed mode.” Together, we’ll deconstruct what happens to us in life transitions of all kinds, learn what the “rollercoaster of change” is, and how to find where we are on it. We’ll validate that there are ups and downs in our faith lives, and learn how we can be supportive of those around us (friends, family, and church community) who are going through transitions, and learn how to ask for support when we need it.

We will center ourselves around the stories of Jesus and his disciples, who went on a journey that was unknown to them, with faith, hope, and love for one another. “Do not be afraid, little flock, for it is your father’s good pleasure to give you the kingdom.”
Luke 12:32

Don’t miss the chance to grow in faith, learn life skills, build community, and celebrate life with those of all ages!