



JOY CAROL
APRIL 20- 22, 2018

Restoring Our Souls at God's Kitchen Table

Joy Carol is an author, speaker, spiritual director, workshop and retreat leader. She speaks on such topics as spirituality, self-care, friendship, care-giving, burnout, dealing with loneliness, aging, healing, and finding meaning in life. Her recent books include *Towers of Hope: Stories to Help Us Heal*; *Finding Courage: Stories of Spiritual, Emotional, Social and Political Healing*; *Journeys of Courage*; *The Fabric of Friendship: Celebrating the Joys, Mending the Tears in Women's Relationships*; and *Seasons of Joy*.

Joy holds an honorary doctorate in Humane Letters from Nebraska Wesleyan University, Master's degrees from the General Theological Seminary of the Episcopal Church and in psychology from the University of Maryland. She has also done graduate studies in Asian Affairs, women and development, and management at New York University, Scarritt College, and Harvard University.

Where: Episcopal Camp and Conference Center

When: April 20-22, 2018. **Check-in begins at 4:00 P.M. Friday, April 20, 2018 at the camp.**

How: There are two ways to Register:

By Mail - mail this Registration form to: **Camp Weed, 11057 Camp Weed Place, Live Oak, FL 32060**

On line Registration— go on-line to <https://campweed.campbrainregistration.com> create an account, or use your existing account, select the ECW Spring Retreat event and follow the prompts.

Make checks Payable to: **Camp Weed** with ECW Retreat in the memo line.

Registrations are due April 6, 2018.

What: Bring your Bible, Snacks and Beverages to share for social hours and wear comfortable clothing.

Why: This is a gift you give yourself that is spirit filled, relaxing and a time to meet and make new friends.

REGISTRATION: This information will be used in the Retreat Handbook (please print)

Name: _____ **Name for name tag if different** _____

Address: _____ **Email:** _____

Phone: _____ **Church** _____

Accommodation Choices: Price includes 2 Nights, 6 Meals and Workshops.

	Single	Double	Triple	Quadruple
Motel:	\$275	\$195	\$175	\$160
Ravines:	\$285	\$200	\$180	\$165
*Other:	*Cabin: \$175	*Commuters: \$100	*Saturday Only \$60	

Roommate(s) or Cabin Group: _____

Special requests: _____

Please list any allergies we should be aware of: _____

Workshop choices: Your choices are on the back of this form.

1st _____ 2nd _____ 3rd _____

Below are workshops for the weekend. Please indicate by number your workshop choices. Participation in the workshop is not mandatory, but is encouraged. You may choose to use this time to explore the camp or just relax. This is your weekend to Retreat from the world!

1. **Make a Joyful Noise!** All voices are encouraged to join the happy throng. Our music leader will teach a song to be sung for the Offertory at our Sunday morning worship!
2. **Line Dancing** – have fun learning some new dance steps with your new friends! Join us for lots of fun, fellowship and fitness as together we learn some new dance steps.
3. **Janet Robinson, Diocesan Altar Guild Director** will review “Caring for the Altar” with our ladies who are members of their local Altar Guild, or who may be interested in joining the Altar Guild at their church.
4. **Gloria Zittrouer and Margaret Wiles, Diocesan DOK President and President Elect,** will meet with all local DOK Chapter Presidents.
5. **Andrea Geiger, Diocesan ECW President,** will be meeting with our ECW Presidents to discuss plans for the coming year.
6. **Arts and Crafts anyone?** Join us for a variety of fun easy arts and crafts. We are inviting you stop by, make a card and mail it to someone special directly from Camp. We will provide all supplies and stamps, all you need to do is to bring the address of that special person you want to send the card (s) you created!
7. **Chair Yoga** – have a seat, relax, join Sharon Richards and enjoy this gentle form or Yoga, yes, in a Chair! Chair Yoga is a great way to exercise while having lots of fun!

SPECIAL NOTES

We welcome small babies to accompany their mothers to the retreat. However, we are not able to provide child care. We request that a baby sitter accompany mother and child. It is better for the babies and the adults if the babies are in rooms other than cabins. Please have your baby stay with sitter when mother attends workshops and meals. (We hope this will help little ones stay on their schedules and Moms close by if needed). Please advise the registrar if you are bringing a little one.

And on Saturday afternoon we will have:

Siwok Ministries and the Cathedral bookstore if you wish to shop, and the Episcopal Center will again provide life guards for those who would like to enjoy the kayaks and canoes.

SATURDAY MORNING SESSIONS WILL BEGIN AT 9:30 a.m.

We look forward to seeing you for this special weekend. Safe travels!

Dorothy Holder
ECW Retreat Chair