



El Camino Real District United Methodist Women  
**Mission Springs Spiritual Retreat**

March 16-18, 2018  
 Mission Springs Conference Center  
 1050 Lockhart Gulch Road, Scotts Valley, CA

**"A Bold Awakening:  
 Revitalize Ourselves and Our Faith"**

*Retreat Leader: Ms. Micheal Pope*

**SCHEDULE**

Friday, March 16  
 4:00 pm Registration begins  
 6:00 pm Dinner  
 7:00 pm Program begins  
*through* Lunch Sunday March 18

**SCHOLARSHIPS**

Scholarships are available for first-time and returning attendees, to enable participation at reduced cost. Forms are available from your unit President or online at [elcaminorealumw.org](http://elcaminorealumw.org)

**REGISTRATION DEADLINE**

**March 2, 2018**

**CANCELLATION:**

If cancellation request is received by Registrar by March 2, 2018 the room/meal fee is fully refundable. After March 2, 2018, registration may be transferred to another person. Contact Registrar with name of replacement.

**ROOM/MEAL FEE**

Enclose full amount with registration form. Fee is based on the room rate selected and covers insurance, lodging, all linens, meals and snacks.

**TO REGISTER**

If applying for scholarship, follow instructions on scholarship form. Make check out to El Camino Real District UMW. Mail registration form, fee and self-addressed stamped envelope to Registrar: **Debbie Ow, 3160 Heather Ridge Dr., San Jose, CA 95136.** Debbie may also be reached at 925-285-8874 or [ow.debora@yahoo.com](mailto:ow.debora@yahoo.com)

**Please print and fill out a separate form for each person registering.**

NAME		CHURCH & CITY	
ADDRESS		CITY	ZIP
PHONE	EMAIL	FOOD ALLERGIES (list)	
EMERGENCY CONTACT	RELATIONSHIP	PHONE	
		(OVER)	⇒

**About our Retreat Leader**

Micheal Pope is the CEO of ASEB (Alzheimer’s Services of the East Bay), motivational speaker and radio talk show host. Since joining ASEB in January of 1997, she has held numerous positions as she enhanced the organization’s fundraising and outreach program with her ability to touch people with her passion for making the world a better place for seniors.



Micheal is currently Conference Lay Leader for the California/Nevada Conference. She also serves as Lay Leader at Concord United Methodist Church, and monthly co-pastors a service for individuals living with memory loss.

Micheal has served on many regional committees and boards related to Alzheimer’s, dementia, and aging, and has been recognized as a leader in her field.

Micheal is the host of an online radio show on BlogTalk Radio, “Life is a Sacred Journey.” Her broadcast received a special recognition for its content in 2014. She is also the co-author of “Life is a Journey we know by Heart,” a book that pays tribute to elders living with Alzheimer’s and the organization. Micheal has two children that she spends all of her “free time” with! She is a lover of nature and can be found hiking with her dogs, Alpha and Daisy-Mae, most weekends.

**What to bring**

- Good walking shoes for trails and grounds
- Flashlight, umbrella, jacket
- Gently used reading books for exchanging (not for sale, leave 1/take 1)
- Bible, notepaper, pen/pencil, tote
- Board games for Friday evening
- \$10 key deposit (cash, exact amount)
- Sunday Mission Giving Offering - make checks payable to:

**El Camino Real District UMW**

**Plan for these special activities**

***SHOW ‘N TELL***

Do you have something you would like to share with the group, e.g. a quilt or photo collection? Bring it and an index card with your name and a few words about it. We will have a place where you can put it on display.

***SATURDAY EVENING TALENT SHOW***

Do something fun—a skit, song, story, instrumental...

***START THE DAY WITH MATINS & WARM UPS***

Wake up spiritually and physically.

*Please duplicate and distribute information and registration form as needed. Accommodations are on a first come, first served basis. The registrar will endeavor to meet your needs. All rooms are non-smoking.*

***First Come, First Choice!***

<p><b><i>SPECIAL PREFERENCES</i></b></p> <p>Roommate Preference _____</p> <p>Y N I will sleep in a top bunk Y N I will share a double bed</p> <p>I need first floor because: _____ _____</p> <p>SCHOLARSHIP APPLICANT? Y N</p> <p>FEE ENCLOSED: \$ _____</p>	<p><b><i>LODGING PREFERENCES</i></b></p> <p><u>\$250.00 Redwood Lodge</u> 1 story; each room has 2 double beds &amp; private bath.</p> <p><u>\$230.00 Laurel Lodge (2 story)</u> <i>Ground floor</i> - each room has two singles &amp; private bath; ground floor reserved for people who cannot climb stairs.</p> <p><i>Second floor</i> - each room has three singles + 1 double &amp; private bath.</p> <p><u>\$160.00 Sequoia</u> Three rooms with one central bath; each room has 2 sets of bunkbeds.</p> <p style="text-align: center;">\$10 key deposit <i>please bring exact amount</i></p>	<p><b><i>PLEASE CIRCLE</i></b></p> <p>Y N : Would like to say grace _____</p> <p>Y N : Provide snacks at Registration</p> <p>Y N : Perform in Talent Show</p> <p>Y N : Show ‘n Tell</p> <p>Y N : Sing in the Choir</p> <p>Y N : This is my first time attending this retreat!</p>
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