

## REGISTRATION

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Church \_\_\_\_\_

May we share above with registrants \_\_Yes\_\_No

Early registration postmarked by 8/31: \$65

Registration postmarked after 8/31: \$75

**Final registration deadline is Sept. 10**

Retreat registration fee = \_\_\_\_\_

(Scholarships are available)

## LODGING

I will be staying \_\_\_Fri. night \_\_\_Sat. night

Cost is per person/per night

Hotel: \$47.00 X number of nights = \_\_\_\_\_

Lodge: \$27.00 X number of nights = \_\_\_\_\_

Names of roommates: \_\_\_\_\_

Would like help finding a roommate:

\_\_\_Yes \_\_\_No

## MEALS

Cost is per person/per meal

Breakfast: \$8.00 Lunch: \$9.00

I will attend (Please check):

Saturday Breakfast \_\_\_\_\_

Saturday Lunch \_\_\_\_\_

Saturday Dinner FREE

Sunday Breakfast \_\_\_\_\_

Total Cost of Meals = \_\_\_\_\_

## Total Cost of Retreat

Registration + Lodging + Meals = \_\_\_\_\_

Please make checks payable to:  
**Mennonite Women of VA Retreat**

## Mail registration form with payment to:

Kathy Zehr Rhodes

159 River Lodge Road Luray, VA 22835

(540) 843-0763 [kzehr@centurylink.net](mailto:kzehr@centurylink.net)

## LODGING INFORMATION

*Please do not contact Eagle Eyrie. We will make lodging arrangements for you.*

### Hotels

*Please let us know if you have a strong preference of hotels.*

**Cedar Crest Hotel** has 38 rooms with double beds and personal bathrooms. Fellowship in a large lobby or enjoy the rocking chairs on the front porch with beautiful mountain views.

**Voight Conference Center** has 16 guest rooms with private bathrooms and balconies. The spacious lobby offers a dining area, stone fireplace, and baby grand piano.

### Lodges

All lodges have central air-conditioning and heat, living and dining areas, and fully equipped kitchens. Lodges provide either single beds or bunk bed-style accommodations. Most lodges have screened porches to enjoy the wooded surroundings as well as views of the mountains.

*If your group wants to reserve a lodge so you can stay together, please give us this information as soon as possible so that we can make arrangements.*

*Eagle Eyrie Virginia Baptist  
Conference Center*

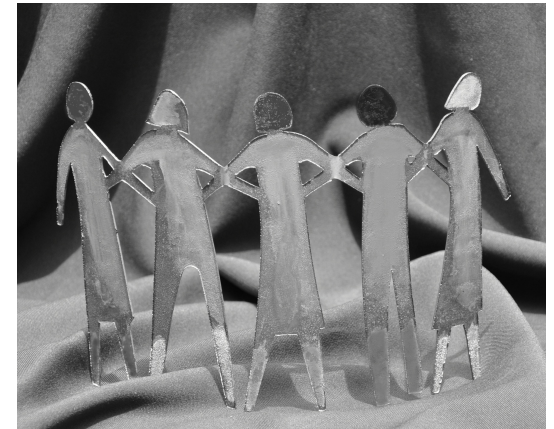
*1 Eagle Eyrie Lynchburg, VA 24503*

*[www.eagleeyrie.org](http://www.eagleeyrie.org)*

*See website*

*for directions, photos and campus map.*

## Weekend Retreat for Women of All Ages



## We are God's Beloved Daughters

*Sister Care:*

*Equipping Women  
for Caring Ministry*

*Presenters:*

*Carolyn Heggen & Rhoda Keener*

**Sept. 21 - 23, 2012**

**Eagle Eyrie Virginia Baptist  
Conference Center  
Lynchburg, VA**

Sponsored by:

**Mennonite Women of Virginia**

## RETREAT SCHEDULE

When arriving at the retreat, please join us at the Voight Conference Center to check in and receive your packets. We will assist you in locating your lodging accommodations.

### Friday, Sept 21

4:00–6:30 Registration and Check-In  
7:00–9:00 Session I  
9:00–11:00 Games, Snacks, Fellowship

### Saturday, Sept 22

6:30–7:30 Early morning walk  
7:30–8:30 Breakfast  
9:00–12:00 Session II  
12:30–1:30 Lunch  
2:00–4:00 Afternoon Options  
4:00–5:30 Free Time  
6:00–7:00 Dinner  
7:30–9:00 Session III  
9:15–10:30 Coffeeshouse, Talent Show

### Sunday, Sept 23

6:30–7:30 Early morning walk  
7:30–8:30 Breakfast  
9:30–10:15 Group discussion  
& processing  
10:15–11:30 Session IV

**SCHOLARSHIPS** to assist with registration fees are available. Call Kathy Zehr Rhodes at (540) 843-0763 for information.

**MOTHERS** with babes in arms are welcome.

New and used books will be available for purchase from **BOOK SAVERS OF VA**. Proceeds go to Mennonite Central Committee.

Session music will be led by **HARRISONBURG MENNONITE WORSHIP TEAM**.

## SATURDAY

### AFTERNOON OPTIONS

On Friday when you arrive, sign up for two one-hour Saturday sessions.

**Hike** – Spend some time in God's creation by hiking a trail within walking distance of the conference center (.9 mile, may be steep near end of trail)

**Make a Joyful Noise** – Musicians and singers who enjoy old-time music, familiar hymns and gospel songs are invited. Bring an instrument or your voice and join in!

**Silent Space** – "Come apart and rest awhile." Experience the peace that comes from a quiet space where you can reflect and listen to God speaking in your heart, catch up with rest, meditate or journal. The chapel offers a space for solitude and reflection along with materials for the novice on how to get started.

**Knit or Knot** – Do you enjoy knitting or would you rather knot comforters? Bring your knitting projects and share ideas with other knitters or learn how to get started. If you prefer to tie knots, please help us complete a comforter or two for MCC.

**Zumba** – Put on some comfortable clothes and enjoy an hour of aerobic exercise to a Latin beat. Fun for beginners who want to learn what Zumba is all about and for experienced dancers who already know!

**Scavenger Hunt** – Spend some time stretching your legs and exploring the grounds of this beautiful setting while searching for the answers to clues.

**Healing From Within .. Your Kitchen Cupboard** – Come see what beneficial foods and spices can help you balance blood pressure and cholesterol, ward off colds and flu, promote ultimate intestinal health and much more.

## MEET OUR PRESENTERS



**RHODA KEENER** (left) is co-director of Mennonite Women USA. Her background includes mental health and teaching in various settings. Co-editor of *She Has Done a Good Thing: Mennonite Women Leaders Tell Their Stories*, Rhoda lives in Shippensburg, Pennsylvania, and is a member of Marion Mennonite Church.

**CAROLYN HEGGEN** (right) is a psychotherapist specializing in trauma recovery. A frequent speaker and workshop leader on personal and communal healing, personal boundaries, gender issues and PTSD, she is the author of *Sexual Abuse in Christian Homes and Churches*. Carolyn lives in Corvallis, Oregon, and is a member of Albany Mennonite Church.

**SISTER CARE** seminars, presented by Rhoda and Carolyn, are a ministry of Mennonite Women USA.

### **Retreat Planning Committee**

Kathy Zehr Rhodes, Chair  
Audrey Shenk, Treasurer  
Mary Ann Shisler, Secretary  
Deona Houff, Member-at-Large  
Reggie Wentz, Member-at-Large  
Pam DeYoung,  
Mennonite Women of Virginia President