

## Dear Sisters,

We are so glad you're joining us at CBC's Women's Retreat. Each of you are being prayed for by name as we anticipate gathering together and renewing our minds with God's truth.

As you prepare for the retreat, here are some requests and tips for you:

- **Location:** The retreat is at Cannon Beach Conference Center in the Pacific View Lodge. The lodge is down the street from the main lobby, in the same building as the conference center's Christian Culinary Academy on 3rd Street. Enter "Christian Culinary Academy" into your GPS or Smart Phone for directions to the lodge.  
Directions from Portland: Take Highway 26 W to the coast. Continue 70 miles to Highway 101 junction. Follow the signs to Cannon Beach, South. Proceed four miles and take the first main entrance into Cannon Beach. At the second stop sign, take a right onto 3rd Street. The Pacific View Lodge parking lot is on the right, before Whale Park.
- **Carpool:** If you need a ride or want to offer a ride, please contact Emily Summers.
- **Arrival and Departure:** Check-in begins at 3:00 PM on Friday, March 29<sup>th</sup> in the Welcome Center (1st floor foyer) in the Pacific View Lodge, where you'll get your room assignments, keys, and retreat bags. Lodging rooms will not be open until 3:00 PM. The meeting room (2nd floor) will be open at 1:00 PM for leaders and helpers. Check-out time is 2:00 PM on Sunday, March 31<sup>st</sup>. \*Clean up: Please do not pack or move items that are not yours unless you are specifically asked for help by the owner of the items.\*
- **Balance Due:** Remember to pay your balance before the retreat (due on 3/17). Payment can be made: online at <https://clackamasbible.churchcenter.com/registrations/events>, at the CBC registration table on Sundays, or with Donna Johnson in the church office.
- **Scents:** Please refrain from wearing perfume and other scents. Some women are sensitive to them, and we want them to be able to participate with us and feel well.
- **What to Bring (suggestions):** Bible (pen and notetaker provided), money or food for one dinner and lunch out, warm layers for beach weather, shoes for beach and/or in town walking, lawn chair and flash light for bon fire, beach towel (bath towels are provided), personal toiletries (shampoo, toothbrush & paste), hair dryer (not provided in rooms), headphones/earbuds (for one of the optional activities/stations), fun pajamas (for the PJ Party, there are prizes!).
  - If you signed up to bring a trail mix item, please bring that item to CBC ahead of time (contact Velma Sou with questions).
  - There are fridges and microwaves in almost every room, so feel free to bring food/snack items for yourself or to share with your roommates.

- **Food and Drinks:** The meals provided by CBCC are Saturday breakfast at 8:30 AM and dinner at 5:30 PM, and Sunday breakfast at 8:30 AM. Friday dinner and Saturday lunch will be on your own. Meals for special diets can be requested ahead of time on the CBCC website at <http://cbcc.net/retreats/special-diet/> (additional fees may be charged). Refreshments and snacks will be available between meals. Fill up a snack bag with a custom trail mix of your liking at the “Renewable Energy” Trail Mix Bar. Refresh yourself with water (regular, vitamin, or sparkling), tea, and/or coffee. Hot drip coffee will be available in the mornings or you can enjoy a drink from the Keurig machine at any time.
- **Activities:** This weekend will be filled with opportunities to renew your mind and fellowship with each other. We will hear from our speaker, Katy Watson, about what it means to “be transformed by the renewing of your mind”. Then we will have time to reflect on this theme in a variety of ways at stations: art, bible journaling, crafts, discussion, meditation (scripture based), prayer, and writing. Prepare to have fun on Friday night with a PJ Party. Put on your best (or most ridiculous) pajamas (prizes awarded) and join us for games, karaoke, and a movie. Join us around a bon fire for singing, fellowship, and a renewing activity on Saturday night (weather permitting). During your free time, walk the beach or visit one of the many local shops. Coupons have been provided just for us by Elements Spa by the Sea, Bruce’s Candy Kitchen, and Pizza a’fetta. If the spa is your thing, you’re strongly encouraged to make an appointment ahead of time (brochures available at the CBC retreat table or visit [www.elementsbythesea.com](http://www.elementsbythesea.com) for more information).
- **Music:** Get a head start on renewing your mind with songs and hymns by checking out our Spotify playlist at <https://sptfy.com/renewretreat>.
- **#CBCWomensRetreat2019:** Are you on social media? We will be using a hashtag - #CBCWomensRetreat2019 - for sharing photos and quotes on social media. Sharing your photos or an impacting quote using this hashtag could help you win a prize!
- **Leader Contact Information:** Emily Summers 509-961-1583, Velma Sou 503-708-1504, Wendy Klein 971-227-8479, Church Office 503-655-2753

We look forward to this sweet time of fellowship with you and want you to feel at home and cared for at the retreat. If there is anything that we can do to help you, please let us know.

*In God's Goodness,*

*The Women's Retreat Committee*