

## Dear Sister,

We are so glad you're joining us at CBC's Women's Retreat. You are being prayed for by name as we anticipate gathering and learning what it means to be empowered by the Holy Spirit.

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

- **Health and Safety:** We are mindfully and prayerfully moving forward with the retreat, but we do want to be careful in light of the Coronavirus. If you are experiencing any flu symptoms, please stay home. If you feel you are at high risk (elderly with underlying health conditions), please use your best judgement to keep yourself safe and healthy. Refunds are available for anyone that feels they need to cancel. The conference center is also taking extra precautions in their food prep & service and with cleaning. There are currently no known cases of the virus in Clatsop County.
- **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 (right before whale park).
- **Arrival and Departure:** Check-in begins at 3:00 PM on Friday; The rooms will not be open before then. Check-out time is 2:00 PM on Sunday.
- **Balance Due:** Payment can be made at [clackamasbible.org](http://clackamasbible.org) under events, at the CBC registration table on Sundays, or with Donna Johnson in the church office. Balance is due on 3/15.
- **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.
- **Meals:** CBCC serves us Saturday breakfast and dinner, and Sunday breakfast. **Meals for special diets must be requested ahead of time on the CBCC website at <http://cbcc.net/retreats/special-diet/>.**
- **Leader Contact Information:** Church Office 503-655-2753, [secretary@clackamasbible.org](mailto:secretary@clackamasbible.org)
  - Emily Summers 509-961-1583
  - Janice Griggs 503-703-0913
  - Velma Sou 503-708-1504
  - Wendy Klein 971-227-8479

- **Activities:** While being at the beach is a fun time all by itself, we also have some special activities planned to fill the weekend with opportunities to grow and fellowship.
  - 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, songs, and a movie.
  - Join us on the lawn around a fire for singing and fellowship on Saturday night (weather pending).
  - Visit the "Stations" for opportunities to interact and/or reflect on being "Empowered by the Spirit".
    - **Book Club:** Judi Bradley will be leading a book discussion on "Forgotten God" by Francis Chan. You'll want to read the book before the retreat.
    - **Chat Circle:** Reflect on the session questions with others.
    - **"Gal"lery Wall:** Get to know the "Lost Women of the Bible" while reflecting on your own story.
    - **Jewelry:** Create a piece that will help you remember this retreat for years to come!
    - **Scripture Wall:** Meditate on the Word by writing out scriptures about the Holy Spirit.
    - **Transfer Craft:** Janice is preparing special words and illustrations (in black or gold) to transfer (iron-on) to fabric. **Bring your own light or dark fabric** (shirt, bag, etc.).
    - **War Room:** Put on the Armor of God with prayer. Talk to God solo or with others. Meet with the prayer team in the mornings. Swap a prayer request card.
  
- **What to Bring (suggestions):**
  - Bible (pen and notetaker provided)
  - Money or food for one dinner and lunch out
  - Warm layers and beach footwear
  - Lawn chair for campfire,
  - Beach towel (bath towels are provided)
  - Personal toiletries (shampoo,)
  - Hair dryer (not provided in rooms)
  - Fun pajamas for the PJ Party
  - "Forgotten God" book for book club
  - Fabric for transfer craft
  - A snack to share, if you signed up.
    - As an extra precaution against germs, we ask that you bring **pre-packaged, individually wrapped snacks**, as much as possible.
    - Also, there are fridges and microwaves in almost every room, so feel free to bring food/drinks for yourself and/or your roommates.

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 Presence,*

*The Women's Retreat Committee*