



Western Pennsylvania Annual Conference  
United Methodist Church  
PO Box 5002  
Cranberry Twp., PA 16066



EAST OHIO  
WESTERN PENNSYLVANIA  
ANNUAL CONFERENCES

Where East Meets West  
Building Bridges of Faith

Non-Profit  
Organization  
U.S. POSTAGE  
**PAID**  
Cranberry Twp., PA 16066  
Permit No. 33

2010  
Clergy Spouse  
RETREAT



Guest Presenter

Terri Dalton, Associate Director, East Ohio Conference Program in Pastoral Care & Counseling will lead three sessions entitled, *Your Life is Your Message: Tools for Living an Authentic Life in a Chaotic World.*

PK and therapist, with degrees from Berea College, KY, and Louisville Presbyterian Theological Seminary, Terri has a warm, approachable style and years of experience working with clergy families. It will be wonderful to have her “retreating” with us!

November 19-20, 2010

Friday afternoon, 2pm – Saturday afternoon  
with an extended stay option at \$95/room up to 4 per room if you want to get a jump on Christmas Shopping at the Grove City Outlets or IKEA shopping area, each just 30 minutes from our hotel!

Location.

Four Points by Sheraton, Mars PA., at the intersection of I-76 & I-79 (40 minutes North of I-70). This beautiful facility is a destination with a pool and spa, it is situated with access to outdoor walk ways. A grand atrium of shops and restaurants welcomes you. Newly renovated rooms with two double beds are equipped with flat screen televisions. Bring your swimming suit to relax around the beautiful pool and spa area. Check out their website at: [www.fourpoints.com/pittsburgh](http://www.fourpoints.com/pittsburgh). We will also have a Hospitality Suite for our group – with goodies and lots of room to relax, play games, or talk, talk, talk.



## Workshop Options:

### Friday Afternoon:

**A Look at Credit Scores** – A representative from the Keystone UM Federal Credit Union will offer suggestions for credit scores and credit history.

**Book Discussion** – A discussion of the best-selling novel *The Help* by Kathryn Stockett. Please read the book on your own prior to the retreat.

**Prayer Shawl Ministry** – Learn how to create a prayer shawl. Please bring along: size L/11 (8mm) crochet hook, a skein of 1 & 3/4 oz. polyester novelty weight yarn (three 7.1 yard skeins will be needed to complete).

**Journaling Your Experience with God** – Discuss and learn about the process of spiritual growth through journaling.

**A Bible Study on our Speaker's Theme** – Dig into the Word a little deeper around the speaker's themes.

**Bead Jewelry Making** – "Beads and Beyond" Create a unique piece of jewelry to take home with you. (approx. \$20).

**Card Stamping** – Have fun experimenting with card making using stamps. (\$5).

**Glass Etching** – Learn this unique process. You may bring your own glass if desired. (\$2)

#### Additional Options:

**Swimming** – Bring your swimming suit along and enjoy the Sheraton's pool.

**Free Time** – Enjoy some "me time" any way you'd like!

*Friday night is stadium/game night – bring your favorite team's t-shirt or jersey! The Credit Unions of East Ohio and Western Pennsylvania are sponsoring super stadium snacks!!*

### Saturday Morning:

**De-Stress and Relax with Yoga** – A gentle experience suitable for all ages and fitness levels, (dress comfortably).

**Prayer Shawl Ministry** – Learn how to create a prayer shawl. Please bring along: size L/11 (8mm) crochet hook, a skein of 1 & 3/4 oz. polyester novelty weight yarn (three 7.1 yard skeins will be needed to complete).

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### Workshop fees pay on site.

*Many thanks to these sponsors: East Ohio Conference Credit Union, Keystone United Methodist Federal Credit Union, The East Ohio District Superintendents, Hopkins Associates Training & Consulting, Western Pennsylvania Episcopal office, District Superintendents and Western Pennsylvania Board of Ordained Ministry.*



## Registration:

**Cost Includes:** Friday Gourmet Dinner, Saturday Breakfast and Lunch Buffets and lodging & programming from Friday 2 pm – Saturday after lunch. If your workshop option requires supplies, those will be in addition to the costs below.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

#### Room Please check one:

Cost with Single room \$150.00

Cost with 2 per room \$95.00

Cost with 3 per room \$87.00

Cost with 4 per room \$80.00

Cost of attending is underwritten by WPA Board of Ordained Ministry, Keystone United Methodist Federal Credit Union and WPA District Offices.

#### Roomate Request(s) Please check one:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Make Check payable to Clergy Spouse Retreat. Registrations should be returned by November 5, 2010 with payment to:**

Kathleen Porter  
229 Evergreen Dr. Franklin, PA 16323  
(814)432-8710  
(Contact hotel directly to book extended stays, 724-776-6900)

*The Four Points Sheraton will honor a \$95/night room rate (up to 4/room) if you would like to arrive on Thursday or stay over Saturday night! Make it a long weekend if you can, relax or hit those awesome Pennsylvania stores. (no sales tax on clothing!)*

## Workshop Options:

Please indicate your first (1) and second (2) choices for a Friday and Saturday workshop option.

#### Friday Afternoon:

- \_\_\_ A Look at Credit Scores
- \_\_\_ Book Discussion
- \_\_\_ Prayer Shawl Ministry
- \_\_\_ Journaling Your Experience with God
- \_\_\_ A Bible Study on our Speaker's Theme
- \_\_\_ Bead Jewelry Making
- \_\_\_ Card Stamping
- \_\_\_ Glass Etching

#### Saturday Morning:

- \_\_\_ De-Stress and Relax with Yoga
- \_\_\_ Prayer Shawl Ministry
- \_\_\_ Journaling Your Experience with God
- \_\_\_ A Bible Study on our Speaker's Theme
- \_\_\_ Bead Jewelry Making
- \_\_\_ Card Stamping