



Western Pennsylvania Annual Conference  
of The United Methodist Church  
PO Box 5002  
Cranberry Twp. PA 16066-0002



NOVEMBER 18-19

“Look around you  
and see what is happening:  
Your people are gathering to come home!”

Isaiah 60:4a

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

### Guest Presenter

♪ ♪ Listening for the Grace Notes ♪ ♪



Grace notes are quick little notes that embellish music, freed from the rules limiting count in a measure. They are actions, words,

notes, letters, cards and emails expressing appreciation and sympathy or offering encouragement & forgiveness. We give and receive them, freed from the rules of limitation imposed by keeping score. Grace notes are the little extras that enhance our life song

Come hear experienced retreat leader and award-winning author of eleven books, **Marilyn Brown Oden** (herself a UMC clergy spouse), tease out the challenges we experience to living a grace-filled life

A trained teacher with Masters Degrees in Counseling and Creative Writing, Marilyn's life is enriched through experiences on five continents with refugees, Gypsies, the physically challenged, women in prison, prime ministers, royalty and presidents. Now living in New Mexico, you won't want to miss time with this thoughtful leader.

### November 18-19, 2011

**Friday, 2:30 pm – Saturday, 3:30 pm** with an option to stay for a 5pm Saturday light dinner. And the hotel will honor a \$93 room rate, up to four per room, if you want to get a jump on Christmas Shopping by arriving on Thursday or staying over Saturday! There is great shopping at the Grove City Outlets or the 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 walkways. 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.

## Schedule Overview

**Note:** hospitality room open throughout retreat

### Friday, November 18

- 2:30 pm Registration
- 3:00 pm Check-in
- 3:30 pm: Gathering
- 4:00-5:30 pm: Workshops/Free time
- 6:00 pm: Opening Worship
- 6:30 pm: Dinner
- 8:00-9:30 pm: Workshops/Free time

### Saturday, November 19

- 8:00: Breakfast Buffet
- 8:45: Gathering
- 9:00 – 11:00: Marilyn Brown Oden presenting
- 11:30: Lunch
- 12:30 pm – 2:30: Marilyn Brown Oden presenting
- 3:00 pm: Closing Worship with Marilyn Brown Oden

**Optional:** Continued conversation and 5:00 pm light dinner for those not needing to rush home (cost not included)

### This is YOUR weekend.

We have built in more time for relaxation and conversation this year with our small group discussion options, called Digging Deeper as well as more opportunities for free time on Friday. Our presenter will be peeking in on us Friday evening and formally presenting on Saturday, including Closing Worship.

**Workshop fees pay on site.**

## Workshops & Discussion

### Friday Afternoon

**Dig Deeper** – Get to know other spouses in small guided discussion groups focused on the speaker's theme, including: Your earliest memory of experiencing grace, when someone sang a grace note for you, what keeps us from hearing grace notes offered to us?

**Read & Share** – Read Marilyn Brown Oden's latest fiction thriller, *The Dead Saint*, a Bishop Lynn Peterson novel, before the retreat & meet to talk about its suspense and intrigue.

**Bible Study** – Bring your Bible & dig into the Word a little more around one of our speaker's themes for the weekend.

**Glass Etching** – Bring your own glass item to be etched with this unique process (\$1)

**Zumba** – A fun cardio-dance fitness class featuring international music & rhythms. (Suitable for all fitness levels).

**Free Time & Swimming** – an option all afternoon

### Friday Evening

**Dig Deeper** – Get to know other spouses in small guided discussion groups focused on the speaker's theme, including: Why is it difficult to prioritize our time in order to offer grace to ourselves? What keeps us from offering grace notes to others? What keeps us from hearing God's grace notes for us?

**Relaxation Yoga** – Unwind and stretch with this gentle experience suitable for all ages and fitness levels. (Dress comfortably.)

**Envelope Making** – Custom make envelopes that will add a personal touch to notes or invitations. Supplies will be provided. Template will be yours to keep for future use (\$6)

**Spa Time** – Spiritual relaxation and self-pampering of your face, hands and feet. (\$5)

**Free Time & Swimming** – an option all evening

## 2011 Clergy Spouse RETREAT



## Registration

**Cost Includes:** Friday Dinner, Saturday Breakfast Buffet & lunch and lodging & programming from Friday 2:30 pm – Saturday 3:30 pm. 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 \$155.00
  - Cost with 2 per room \$100.00
  - Cost with 3 per room \$ 90.00
  - Cost with 4 per room \$ 80.00

Please list any dietary needs:

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

### Optional Saturday 5 pm meal:

- \$17.00/person

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

- Request a roommate assignment
- Roommate Request (s)

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

**Make Check payable to Clergy Spouse Retreat. Registrations should be returned by October 19, 2011 with payment to:**

Kathleen Porter  
 229 Evergreen Dr. Franklin, PA 16323  
 Email: kathleen.porter@verizon.net Phone: (814)432-8710  
 (Contact hotel directly to book extended stays, 724-776-6900)

The Four Points Sheraton will honor a \$93/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 afternoon and evening workshop option.

### Friday Afternoon:

- \_\_\_ Dig Deeper
- \_\_\_ Read & Share
- \_\_\_ Bible Study
- \_\_\_ Glass Etching
- \_\_\_ Zumba
- \_\_\_ Free time

### Friday Evening:

- \_\_\_ Dig Deeper
- \_\_\_ Relaxation Yoga
- \_\_\_ Envelope Making
- \_\_\_ Spa Time
- \_\_\_ Free time

Many thanks to these sponsors who have underwritten the cost of attending: WPA Board of Ordained Ministry, WPA District Superintendents and Keystone United Methodist Federal Credit Union.