

# Friends Women Retreat

October 1-4, 2009

Twin Rocks Friends Camp

Rockaway Beach, OR



This year's speaker, Betty Southard, is an author, speaker, and ministry leader. She has written three books (*The Grandmother Book*, *Come As You Are*, and *The Mentor Quest*) as well as numerous articles and devotionals.

She grew up at First Friends Church in Portland, and now lives in southern California with her husband, Fred. Learn more about Betty at [www.BettySouthard.com](http://www.BettySouthard.com) and read her message on the next page about what she will be sharing at our retreat.

This will be a joint retreat for women from Idaho, Oregon, and Washington. Bible Study time will be led by Sandy Wild. There will also be times for worship, music, crafts, and just relaxing. Come and enjoy delicious food, fantastic fun, wonderful fellowship, and inspiration!

There is no child care provided, but nursing moms may bring their babies.

To register please print out the form on the next page and mail it with a \$25 non-refundable deposit (or the full retreat amount, if you wish) to registrar Meg Rice. For questions about housing or registration, call Meg at 503-701-2971 or email [clanrice@aol.com](mailto:clanrice@aol.com).

Retreat pricing:

Regular Housing

(Bring your own towels, pillow, bedding)  
\$170 for 3 nights (arriving Thurs afternoon or eve)  
\$145 for 2 nights (arriving Fri afternoon or eve)

Deluxe Housing

(Bedding and towels provided)  
\$210 for 3 nights

*For late registrations, after September 17, add \$10 per person.*

For more information on Twin Rocks Friends Camp, including driving directions, see [www.twinrocks.org](http://www.twinrocks.org)

Friends Women, a ministry of the Northwest Yearly Meeting of Friends, [www.nwfriends.org](http://www.nwfriends.org)

## 2009 Friends Women Retreat Registration Form

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NAME

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ADDRESS

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CITY, STATE, ZIP

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PHONE NUMBER(S)

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EMAIL

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CHURCH

I am arriving on:

\_\_\_\_\_ Thursday, October 1      \_\_\_\_\_ Friday, October 2

I would like to stay in:

\_\_\_\_\_ Regular housing (You will need to bring your own towels, pillow, and sleeping bag or bedding)  
\_\_\_\_\_ Deluxe housing (Bedding & towels provided)  
\_\_\_\_\_ Other (RV, off-site)

\_\_\_\_\_ I cannot climb stairs      \_\_\_\_\_ I cannot climb to an upper bunk

\_\_\_\_\_ I have special dietary needs (allergies, vegetarian, diabetes, etc.) Please specify:

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I would like to room with:

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Send this form and a \$25 non-refundable deposit, or full retreat amount, to:  
Meg Rice, 554 NE Joyce Court, Hillsboro, OR 97124  
Checks payable to **"Friends Women"**

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### From Betty Southard:

**Growing up at First Friends Church in Portland, I took for granted much of the richness of our meeting together. It has been looking back at those years that has revealed to me the richness of that heritage. Simply watching and listening to those men and women of God has fostered a reality of a living, growing, ongoing personal relationship with Jesus Christ. I learned that God does speak, if we will listen and are open to hearing what He has to say. I learned about community and fellowship in the body of Christ as I watched and listened to others share their worries, fears, cares and concerns. I saw the love of Christ shared in the midst of life's trying circumstances, meeting needs, and standing with people in tough times. The lessons I learned, almost by osmosis, have deeply impacted my life.**

**Your experiences may be different than mine, but I have discovered that if you are willing to do a little digging, you will find that there are people in your past whose lives have impacted yours. As we gather together at Twin Rocks, you will be encouraged to realize that you, too, can become an important part of someone's heritage in the Lord. Beyond realizing how others have impacted us, we will learn how our lives can make a difference. As a grandmother, I am becoming more aware of the legacy I am passing down to future generations. I love the promise in Proverbs 11:25 (NIV) "[She] who refreshes others will [herself] be refreshed." Join us at Twin Rocks, October 1-4, 2009, for a time of refreshment for yourself, and a chance to build a legacy for others. I can't wait to meet you there.**