



## heart and Soul Retreat Registration – I Am Wonderfully Made

February 26 – 27, 2022, Camp McDowell in Nauvoo, Alabama  
A weekend of fun and fellowship, rest, re-creation, and renewal.



Registrations will be processed when form and full payment is received.  
Rooms/cabins and classes will be assigned in order of receipt.

For your safety:

- All participants must be fully vaccinated. We will follow Camp McDowell's mask policy.
- Be advised, the center is in a rural area, with internet and cell coverage in the main buildings, but there is little to no coverage in cabins.
- Pricing is valid until midnight January 7. After that, there is an additional \$25 fee.

Cancellation: Prior to midnight February 9, there is a full refund (of lodging) minus \$25 fee. Cancellations after February 10 will not be refunded. However, a last-minute cancellation DUE TO HEALTH, will get a refund less \$50 to cover your meals that were ordered.

Confidential scholarships are available. Don't let money be the reason you don't come. Contact Monna Mayhall for scholarship information: monna@stpaulsfranklin.com.

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

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

Mailing Address (Street, City, State, Zip): \_\_\_\_\_

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

List Any Dietary Restrictions (Optional): \_\_\_\_\_

### Transportation:

I'd like to carpool with someone (list of drivers will be provided so you can set up a ride)

I'll drive and can take more people. \*

I'd like to ride in a 12-15 passenger van (cost \$100 round trip). Departure time TBD. Van transportation closes January 20.

\*How many people can ride with you and when will you leave Franklin? \_\_\_\_\_

### Please Check To Verify (Required):

I am fully vaccinated and will comply with Camp McDowell's mask policy.

I acknowledge Camp McDowell is in a rural area several miles from the nearest small town, with internet and cell phone coverage limited to main buildings, and not available in cabins.

### Lodging and Meals:

Single \$ 285     Double \$ 185     Triple \$ 155     Quadruple \$ 140

I would like an accessible room (Optional)

If you are sharing a room, provide the names of all the people rooming with you:

\_\_\_\_\_

**Session 1 (9:00 - 10:15) Pick One Session**

- \_\_\_\_\_ Healthy exercise tips: Two elite athletes share their tips for how the rest of us can stay in shape. Led by Karen Austin/Caroline Butler
- \_\_\_\_\_ Circle of Life: According to John O'Donohue, God creates the world in circles of longing and belonging. How are you connected to God as we emerge from the pandemic? Led by Jean Larson.
- \_\_\_\_\_ Photos with your phone: Apps and techniques for the camera that you always have with you—your phone! iPhone and Android all welcome. Led by Mindy Boggs.
- \_\_\_\_\_ Free time—I just want to chill.

**Session 2 (10:30 - 11:45) Pick One Session**

- \_\_\_\_\_ Chopped: Teams compete cooking with secret ingredients. Led by Catherine Mayhew
- \_\_\_\_\_ Finding Your Rhythm: Explore spiritual practices to help us weave sacred moments into our everyday lives. Led by Mishelle Phillips
- \_\_\_\_\_ Pop-up Cards: Make a pop-up card or two, a delight to receive and to send. Led by Sarah Webster
- \_\_\_\_\_ Free time—I just want to chill.

**Session 3 (2:00 – 3:15) Pick One Session**

- \_\_\_\_\_ Hike: Explore Camp McDowell's trails. Appropriate footwear required. Led by Vanessa Bateman
- \_\_\_\_\_ Cards and Games: Come play around for some afternoon fun. Led by Laura McCown and Summer Wells
- \_\_\_\_\_ A Rosé by Any Other Name: What rosé is, what it isn't, the myths and the truths. This is a true tasting—not happy hour! Limit of 15; additional Fee: \$10. Led by Ann Denson.
- \_\_\_\_\_ She Said What?!: Teams will try to match famous women with their brilliant quotes. Led by Ann Van Dervoort.
- \_\_\_\_\_ Free time—I just want to chill.

**PRICES:**

Lodging and Meals: (After January 7, 2022, prices go up \$25)

- \_\_\_\_\_ Single occupancy \$ 285
- \_\_\_\_\_ Double occupancy \$ 185
- \_\_\_\_\_ Triple occupancy \$ 155
- \_\_\_\_\_ Quadruple occupancy \$ 140

Optional Extra Night - Thursday - No Meals

- \_\_\_\_\_ Single Occupancy \$ 115
- \_\_\_\_\_ Double Occupancy \$ 65

\_\_\_\_\_ Optional T-Shirt \$22 (Closes Jan. 20) – Circle Size: S M L XL 2XL 3XL

\_\_\_\_\_ Optional Round-Trip Van Transportation \$100 (Closes Jan. 20)

\_\_\_\_\_ Optional Wine Tasting Fee \$10 If you chose Session 3 "A Rosé by Any Other Name"

\_\_\_\_\_ Optional Donation for Scholarship

\_\_\_\_\_ Optional Tip for Camp McDowell Staff

\_\_\_\_\_ **TOTAL**

**Make checks payable to St. Paul's, with WSP Retreat in the byline.**