

Cedar Run MoMEntum Retreat

Being a Courageous Man in the World

Friday-Sunday, April 20-22, 2012

WHERE... Shady Side, MD

The Retreat is being held in Shady Side, MD at Tony & Phyllis Syme's home over-looking the beautiful Chesapeake Bay (same place as the 2007-09 retreats). The address is 1388 East West Shady Side Road, Shady Side, MD 20764 (about 1.5 hrs from church -- longer in heavy traffic). MapQuest will give you accurate directions. There is a gate at the road, but just follow the entry instructions and come on in! There are beds/couches for 15 people, but plenty of floorspace for those who are willing to "rough it." The "what to bring" list includes a pillow & sleeping bag in case you don't snag a bed! Don't worry, for those of you who are showing your age, we'll make sure you get a bed. Parking space is limited, so carpool if possible -- contact Bill if you're looking for a ride. Our guest speaker is Dave Brown from the Washington Area Coalition of Men's Ministries (Dave presented the Fireproof seminar at our retreat back in 2009). The Courageous seminar is based on the movie Courageous.

WHEN...

Some guys are planning to golf on Friday afternoon. Many others will arrive Friday evening for dinner and the Introductory Session. Those that can't make it on Friday are planning to arrive Saturday morning. For those of you with really crazy schedules, you can come out for just the Saturday sessions! The itinerary for the weekend is...

Friday, 20 April

12:00 noon Tee Time for golfers
7:00 pm Arrival
7:30 pm Dinner (pizza & salad)
8:30 pm Introductory Session (we'll be watching the movie, Courageous)

Saturday, 21 April

7:30am Breakfast
8:30-12:00 Sessions 1 and 2
12:00-1:00 Lunch
1:00-5:30 Fellowship Time (volleyball, football, relax on the dock, etc)
5:30-7:00pm Dinner
7:00-9:30pm Session 3

Sunday, 22 April

8:00am Breakfast
9:00-11:00 Session 4
11:00am Retreat wraps up

WHAT TO BRING...

- Bible; Sleeping bag & pillow; Standard stuff for an overnigher; Golf stuff if you're golfing

Payment - The cost of the retreat is \$75/person (golf is separate). Sign up and pay at the MoMEntum Retreat sign-up table in the Community Room (checks made out to Cedar Run Community Church)

Questions? Contact Bill Hite at 703-860-4578 (home), 703-674-8167 (cell), billhite1960@gmail.com