



January 2019

Dear Ladies,

You are invited you to join us for our annual Cedar Run Community Church Women's Retreat where the topic of "**Sabbath**" will be explored by speaker Tara-Leigh Cobble. Tara-Leigh is the founder of D-Group and a writer, speaker, songwriter, singer, and host of The Bible Recap podcast.

Worship will be led by Denise Pass. Denise is a songwriter, conference speaker and published author with the Upper Room. She blogs weekly devotions to encourage her on-line followers at denisepass.com. She led worship at last year's retreat and received such overwhelmingly positive responses we invited her back.

This year's retreat will be **March 29-31**, beginning with dinner Friday evening through Sunday noon at the **Hilton Garden Inn Martinsburg, West Virginia**. Check-in will begin at 5 pm, followed by dinner at 7pm and the first session starting at 8pm. We will not have an overnight retreat in 2020, and therefore pray that everyone will consider attending this retreat.

Registration begins on Sunday, February 10 and ends on March 3. It really helps us if you are able to register securely online at www.cedarrun.net. However, you may also register by using the detachable registration form on the enclosed brochure.

This year we will be enjoying all our meals together. We have worked to create the most accommodating menu for our retreat attendees. Please reference the menu options on the next page for more details. If you have additional questions, we can work with the hotel to determine if there are additional allergens in the provided menu items. No additional menu changes are available, but there is a microwave and refrigerator in your room should you need to bring additional food to supplement what is provided.

If you have questions regarding registration or the retreat, please contact Melissa Townshend, Kerin Braudaway or Jane Long at the email addresses below or stop by the registration table on Sunday mornings during the registration period. Please see us if you need financial support to attend the retreat.

Make plans now to get away and take time to relax, make new friends, worship and explore God's design for Sabbath in your life.

Your Sisters in Christ,

Melissa Townshend
Women's Ministry Director
melissa.townshend@gmail.com

Kerin Braudaway
Retreat Hotel Coordinator
kerinb25@verizon.net

Jane Long
Retreat Speaker Coordinator
choe.jane@gmail.com

COME TO ME, ALL WHO LABOR AND ARE HEAVY LADEN, AND I WILL GIVE YOU REST. MATTHEW 11:28

| Meal | Items | Gluten | Soy | Dairy | Pork |
|---------------------------|---|--------|-----|-------|------|
| Friday Dinner | Pasta | | | | |
| | Alfredo Sauce | | | X | |
| | Marinara Sauce | | | | |
| | Meatballs | | | | X |
| | Vegetables | | | | |
| Saturday Breakfast | Grits | | | X | |
| | Oatmeal | | | | |
| | Cold Cereals with Milk | X | | X | |
| | Cottage Cheese | | | X | |
| | Fresh Fruit | | | | |
| | Scrambled Eggs | | | | |
| | Sausage | | | | X |
| | Breakfast Potatoes | | | | |
| Croissants | X | | X | | |
| Saturday Lunch | Deli Tray | | | | X |
| | Hard Boiled Eggs | | | | |
| | Salad | | | | |
| | Bread | X | | | |
| Saturday Dinner | Salad | | | | |
| | Lemon and Herb Tilapia | | | | |
| | Chicken (Champagne sauce on the side) | | | X | |
| | Green Beans | | | | |
| | Roasted Fingerling Potatoes | | | | |
| Saturday Late Night Snack | Pineapple and Ham Skewers | | | | X |
| | Chicken with Mushroom | | | | |
| | Italian Sausage with Peppers and Onions | | | | X |
| | Grape Tomato with Mozzarella and Basil | | | X | |
| | Onions and Broccoli | | | | |
| Sunday Breakfast | Grits | | | X | |
| | Oatmeal | | | | |
| | Cold Cereals with Milk | X | | X | |
| | Cottage Cheese | | | X | |
| | Fresh Fruit | | | | |
| | French Toast | X | | X | |
| | Bacon | | | | X |
| | Hash Browns | | | | |
| | Hard Boiled Eggs | | | | |