



Come along for a mindful weekend  
in the mountains as we seek to  
**reflect, refresh & renew**

It will be a great time to get away, and embrace the “R’s,” as well as get to know the story of **Ruth** - - a woman who walked alongside a friend in the midst of tragedy and a great example to follow when our friends are hurting.

To “bring home” the R’s, following the retreat, there will be an optional 5-week study at DCPC titled:

***Breathe/Sabbath*** by Priscilla Shirer. You’ll be introduced to the study over the weekend and can learn more and decide if you’d like to participate.

\*\*If you can’t stay until Sunday,  
a one-night option is available.

**Invite a friend and come along  
to reflect, refresh and renew  
for 2019!**



## A MOUNTAIN WEEKEND WITH YOU IN MIND

Grab the girls and spend a  
weekend in the mountains -  
resting, and finding  
new strength at  
DCPC’s Women’s Retreat.

The schedule for the retreat is planned deliberately to give you a chance to grow and to be refreshed, to use the time in the unique way that you would most enjoy. In between the main group sessions, spend time talking with friends, take a short hike along our Prayer Walk trail, relax with a book and a cup of coffee, or join in one of the many optional activities.

# Reflect Refresh Renew

**DCPC  
Women’s  
Retreat**

**Friday, Feb. 8 -  
Sunday, Feb. 10**

One night  
option  
available!

**William Black Lodge  
Montreat, NC**

## Schedule of Events

### Friday, February 8

(Dinner on your own...)

optional: 5:30 pm My Father's Pizza)

- 4:00 pm - 7:30 pm Check In
- 7:30 pm - 9:00 pm Evening Gathering

### Saturday, February 9

- |                    |                    |
|--------------------|--------------------|
| Early AM           | Optional Yoga      |
| 8:00 am - 9:00 am  | Breakfast          |
| 9:00 am - 12:00 pm | Morning Session    |
| 12:15 pm - 1:15 pm | Lunch              |
| 1:15 pm - 5:30 pm  | Free Time          |
| 5:30 pm - 6:00 pm  | Evening Prayer     |
| 6:00 pm - 7:30 pm  | Gathering & Dinner |
| 7:30 pm - 9:00 pm  | Fellowship         |

### Sunday, February 10

- |                    |               |
|--------------------|---------------|
| Early AM           | Optional Yoga |
| 8:00 am - 9:00 am  | Breakfast     |
| 9:30 am - 10:30 am | Session       |

# Please register By Jan. 28

- Car pools can be arranged for participants to ride together from Davidson to Montreat.
- financial assistance is available

### QUESTIONS?

Contact  
Charlotte Griffith,  
DCPC Retreat coordinator  
chargriff62@gmail.com  
Or 704-579-9547



329 N Carolina Terrace  
Montreat NC 28757  
(828)669-6314

## Free Time Activities

- ◆ walking trails
- ◆ shopping in Black Mountain & Montreat
- ◆ hiking & rock hopping
- ◆ bring board games, cards, crafts, etc.
- ◆ Montreat Heritage Center
- ◆ Yoga Sessions (throughout the schedule)

## What to Bring

Bible, comfortable clothes, prayer books and/or materials that you enjoy and would like to share with others during free time.

For free time: games, walking shoes, warm jacket, hat and gloves, leisure reading, a beverage for Saturday evening, snacks to share with others, yoga mat.

## Lodging & Meals

Retreat fees includes a room for two nights. Bed linens and towels provided. Rooms include two single beds with a private bath. Registration includes three meals on Saturday and breakfast on Sunday.

On Friday night, you may wish to dine on the way up to Montreat, or at a local Black Mountain restaurant. For those able to arrive by 5:30 pm, an informal group will dine at *My Father's Pizza* on Cherry Street in Black Mountain. Come if you can!

## Directions to Montreat

Take I-77 North to I-40. Take I-40 West (to Asheville) to Exit 64 (Hwy 70.)

In Black Mountain, go north (right) on the Montreat Road and continue two miles to the Montreat Gate. Continue up the mountain another mile until the road becomes Assembly Drive. Turn left past the post office and follow signs to William Black Lodge.  
329 N Carolina Terrace, Montreat NC 28757

## 2019 Women's Retreat Registration

Name

e-mail

Cell Phone

Home Phone

Mailing Address

### Registration Fees

(check one)

- Lodging, Meals, program - two nights in a double room (with roommate) - \$170
- Lodging, Meals, program - two nights - in a single room (solo) - \$240
- Staying off site - 4 meals and program - \$95
- One night only - 3 meals in a double room - \$120 (specify Friday or Sat.)
- One night only - 3 meals in a single room - \$145 (specify Friday or Sat.)

Roommate preference (if any):

Amount enclosed: \$ \_\_\_\_\_

Please make check payable to DCPC-PW and note "Women's Retreat" in the memo line. Return check and registration form to the office **no later than Friday, January 28th.**

Some financial assistance available.

Contact Charlotte Griffith, Retreat coordinator, at chargriff62@gmail.com or 704-579-9547 for more info or with questions.

*Please note we cannot take on-line payments.*