



Life is Sweet Women's Retreat

Saturday, November 4, 2017, 8:30 am – 4:00 pm,

Alpine Coffee House

Cost is \$12—pay at the door

Registration Form

To all the women of the church: before you jump into the craziness of the holiday season, spend a Saturday with your sisters relaxing and recharging. The Life is Sweet retreat provides an experience that allows women to slow down and savor time with God and with each other. It feels like a cozy day out at your favorite coffee shop – where women can find rest, laugh, share their stories, and grow closer to each other and to God.

The Life is Sweet Retreat will be held in the Sacred Grounds Coffee House at the Alpine Center. Pastor Dee Mede is leading the retreat. Breakfast, lunch, snacks, and coffee breaks are included. Childcare is free. Women aged 18 to 118 are invited, sign up for yourself and bring your family and friends! Registration forms are found on our website, with your enews, and at the Connection Center and can be dropped off at the Connection Center or the church office.. The \$12 fee will be collected the day of the retreat. Childcare is free but we need to know the number of children attending. Attendees are asked to dress COMFORTABLY: yoga or pajama pants are encouraged!

Questions or concerns contact Pastor Dee at 815.399.5910 x42

Life is Sweet Women's Retreat

Name _____

Address: _____ City _____ State _____ Zip _____

Phone Numbers: Home: _____ Cell: _____

Email address: _____

Child care needed? Yes _____ No _____

Number of children: _____

Names and ages of children needing child care:

Sandwiches from Great Harvest Breads will be served at lunch. Please indicate your choice of sandwich below:

_____ Chicken salad

_____ Tuna salad

_____ Turkey

_____ Ham

_____ Gluten-free

Deadline for registration is October 15. Please place your completed registration at the Connection Center at both Alpine and Our Master's Centers or mail or bring to the church office.