

Hello! I am thrilled that you are interesting in attending the MCOC Women's Retreat. Our women's retreat is always a wonderful weekend of connecting to God and growing in friendship with other women.

This year our discussions will be centered on Matthew 20:1-16, "**The Grace of God in a Wage-based World.**" I look forward to a weekend of relaxation and growth as we seek God together.

Since we are trying a different format and location this year, everything you will need to know is below. If you have any questions please don't hesitate to contact me and I'll do what I can to help!

Blessings,
Amy Henegar
Minister for Spiritual Formation and Family Life

MCOC Women's Retreat 2015

Date: Saturday, February 28 to Sunday, March 1

Location: Minerals Hotel at the Crystal Springs Resort
1 Stonehill Dr
Vernon, NJ 07462
(I will get detailed driving directions and forward them asap.)

Websites:

Hotel - <http://www.crystalgolfresort.com/stay/minerals-hotel/>

Fitness Center - <http://www.crystalgolfresort.com/play/sports-club/>

Spa - <http://www.crystalgolfresort.com/spa/elements/>

Pool - <http://www.crystalgolfresort.com/play/sports-club/minerals-indoor-outdoor-pool-/>

Prices:

\$50.00 — 4 people in a room (discounted rate)

\$117.50 — 4 people in a room (real price)

\$100.00 — 3 people in a room (discounted rate)

\$129.00 — 3 people in a room (real price)

\$150.00 — 2 people in a room

\$300.00 — single room

We want everyone to be able to come to the retreat and hope that money will never be the thing that keeps you from attending. To this end, you will notice that the price for 4 people in a room is very discounted, as is the price for 3 people in a room. If the discounted rates are still difficult for you to pay please see Amy to come up with an alternate plan. Again, *we do not want the registration fees to keep anyone away from the retreat.*

Conversely, if you are able to pay the “real price” listed above that would be extremely helpful. Also please consider if you are able to give a donation in excess of the registration fee or if you would be willing to pay for someone who can’t pay for themselves.

Please note, registration includes your room for Saturday night, three meals (Saturday lunch and dinner, and Sunday brunch) as well as use of the pool and fitness room.

To register for the retreat, [PLEASE CLICK HERE.](#)

Friday Night Option

While the retreat officially begins at noon on Saturday, you are more than welcome to go on Friday and enjoy the facility and the area before the retreat begins. In order to receive the group rate and be assigned to the same room for both nights, please register and pay by clicking here.

Schedule

Saturday:

12:00 - 2:30 pm **Lunch** and **Session One**

2:30 - 5:30 pm **Workshops** (see below) and **free time.** (Spa, pool, fitness room are open)

5:30 - 7:30 pm **Dinner** and **Session Two**

7:30 - 11:00 pm **Workshops** (see below) and **free time.** (Spa is open until 9pm, pool and fitness room are open until 11pm)

Sunday:

7:30 - 8:15 am **Morning Devotional** (Optional). Free time until brunch. (Pool and fitness room open at 7am, spa opens at 10am)

11:00am - 2:00 pm Brunch and Session Three

The **workshops** on Saturday will be fun and lighthearted opportunities to learn something new from members of our own group. They are optional activities that you can take advantage of if you would like to spend your free time in that way. In the past we have had art, Pilates and knitting. Others will be included this year (more info to follow on that). Also if you have a talent you would like to share, please let me know.

Additionally, *the hotel offers fitness classes and spa services*. The class schedule for the days we will be there is as follows:

Saturday Morning (for those who choose to come on Friday)

7:30am - SPINNING (60 min)

9am - BODY PUMP (60 min)

10am - VINYASA YOGA (90 min)

10:15am - ZUMBA (60 min)

Sunday Morning

8:15am - GENTLE YOGA (75 min)

8:30am - ADVANCED BOSU BOOTCAMP (75 min)

9:45am - R.I.P.P.E.D. XPRESS (45 min)

10am - AQUA FIT (60 min)

10:30am - BODY PUMP (60 min)

If you would like to book a spa service, please do so during the times when no official retreat activities are planned. Saturday before noon, between 2:30 and 5:30, and after 7:30 pm. Sunday between 10 and 11, and after 2:00. You will pay for the spa services separately. The menu of services can be found here: <http://www.crystalgolfresort.com/upload/photos/564Elements.Brochure.2014.pdf>