

**Penn West Conference  
Women's Retreat Registration**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number \_\_\_\_\_ Email: \_\_\_\_\_

Home Church and city: \_\_\_\_\_

Roommate Request: \_\_\_\_\_

**Special Dietary Requests** (We cannot guarantee fulfillment of special dietary needs on-site, but an effort will be made to provide information on alternative locations for meals if necessary).

\_\_\_\_\_

**Registration deadline: September 8, 2015**

**Payment information and Housing Selection:**

**Saturday & Sunday Program and Meals for All \$70.00**

**Lodging: \$25/night** double or triple

\_\_\_\_\_ Wednesday occupancy

\_\_\_\_\_ Thursday Limited capacity – first

\_\_\_\_\_ Friday come, first served for Lodge

\_\_\_\_\_ Saturday

**Bedding rental if desired \$ 5.00**

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Total payment due \$70.00

Plus # nights X \$25 \_\_\_\_\_

Plus optional bedding \_\_\_\_\_

**TOTAL DUE: \$ \_\_\_\_\_**

\_\_\_\_\_ Full payment enclosed \$ \_\_\_\_\_ enclosed; balance of \$ \_\_\_\_\_ to be paid by church:

\_\_\_\_\_  
\_\_\_\_\_  
**Mailing address of church**

***THE ESTHER ESSENTIALS***



**The 2015 Women's Retreat  
of**

The Penn West Conference of  
The United Church of Christ

**Saturday, September 19 – Sunday, September 20, 2015**

**R&R days:**

Thursday, September 17 & Friday, September 18

Arrivals available after 4 PM beginning

Wednesday, September 16

**Retreat held at:**

*Living Waters Camp and Conference Center*

*300 Camp Living Waters Road*

*Schellsburg, PA 15559*

*For more information, please contact Molly Anthony at  
[kmamaa@comcast.net](mailto:kmamaa@comcast.net) or by phone 724-493-7715*

To register, please send the registration form by **September 8, 2015**, along with a check made payable to **Women's Retreat Committee** to:

**Molly Anthony  
13019 Homestead Court  
North Huntingdon, PA 15642**

## **Our Program Leadership**

Twin sisters, **Kristina and Krista Rugh**, the presenters of the weekend's Esther Essentials seminar, have been life-long members of the UCC and longtime participants of the PWC Women's Retreat. Growing up in the Harrison City First United Church of Christ, both are graduates of Grove City College, Elders in their local church, and have held various volunteer positions within the Association and Conference levels of the UCC. After years of experience in the private, corporate, and non-profit areas, Krista and Kristina determined that hospitality, organization, and professionalism were age-old keys to success. This knowledge, in combination with the teachings of Proverbs 31 and Matthew 13, and a passion for uplifting others, led them to opening their own business in 2005, Householder Lifestyle Consulting, LLC. The goal of HLC is to use the stewardship principles of hospitality, organization, and professionalism as a framework for bringing success to your small business, to your personal household, and to your House of Worship/Non-Profit. Though much of their time is spent with their business clients on bookkeeping and financial office work, a portion of their business remains dedicated to providing professional and spiritual growth seminars, encouraging others to take time for self-study and reflection. In addition to their seminars, Kristina has also written a series of children's books on hospitality, organization, and professionalism. To learn more about Krista and Kristina, and other seminar topics they offer, please visit their website at [www.yourhlc.com](http://www.yourhlc.com).

### **What to Bring**

A Bible  
A chair cushion  
Good walking shoes  
Rain gear if necessary  
Toiletries as needed  
Medications as needed Sleeping bag or sheets and blanket, pillow, towels, and washcloth (bedding available for rent from camp)  
Fan (especially if it's hot or humid or both!)  
Offering for closing worship, if desired  
Camera, iPod, or personal music player if desired  
Earplugs if desired  
Clothing – can be cooler nights at camp

### **For Thursday/Friday:**

Food is on your own – bring food and drinks or plan to eat out  
Videos/DVDs, etc.; games; portable craft projects

**Our mission project** for this retreat is collecting items for the residents of Homewood at Martinsburg. Items such as tissues, hand lotions, toiletries, playing cards, stationery, etc., are much appreciated!

You may arrive Wednesday evening after 4 PM, at any time Thursday or Friday, or on Saturday morning by 9:15 AM. There will be coffee and sweet rolls available at the Lodge where registration will take place. The retreat ends after lunch on Sunday at approximately 1 PM.

### **On Your Own Options Thursday and Friday:**

Antiquing in Bedford; apple orchards; Flight 93 Memorial; time for reflection; visit Shawnee Park; sit, visit and play games with friends; read; nap a while

### **Saturday & Sunday:**

Pray and worship together during our ***Esther Essentials*** seminar; play some games; sing some songs; party together Saturday night; reconnect with old friends; eat (healthy or not, your choice); just plain hang out!

**Please note** that cell phone service in the camp can be limited depending on provider and weather. There is wireless internet access in the main buildings.

**Saturday night is party night** – bring your favorite queenly attire, as well as snacks, drinks, and games to share!

### **The 2015 Women's Retreat Committee:**

Molly Anthony – Brush Creek Salem Church, Irwin  
Marjory Gaul – Trinity Church, Dorseyville  
Ruth Shaver - United Church of Schellsburg UCC  
Tudie Silvis – Third Church, Greensburg