



WOMEN'S RETREAT "CREATIVITY & CONNECTION"

HOLMES CAMP & RETREAT CENTER

NOVEMBER 3RD – NOVEMBER 5TH

WELCOME

We are so excited that you are joining us at our annual Fall Women's Retreat

Check-in begins at 4:30 PM at The Agape Center at 90 Presbyterian Way in Holmes, NY. The first formal gathering is dinner beginning at 6:30 pm.

Please carefully read the following information. You are encouraged to call or email the Holmes office with any questions

THEME

"Creativity & Connection"

The amazing thing about being made in the Image of God, is that we join as co-creators with God. Through this Retreat, we will explore our connection to creativity and the Creator. We will learn how to have the **strength** to create, how creativity encourages **compassion**, and how our expressions can help us to **connect** with God and restore our faith.

SCHEDULE

Friday

- **4:30 PM** : Check-in begins at the Agape Center Lobby
- **6:30 PM**: Dinner is served at the Agape Dining Room
- **7:30 PM**: Session 1 "Drawing. Finding Strength." at Charlotte's Room

Saturday

- **8:00 AM**: Breakfast is available at the Agape Dining Room until 9 AM
- **9:00 AM**: Free time. Nature walk guided by Holmes staff available.
- **10:00 AM**: Session 2 "Pen and Ink. Finding Compassion." at Charlotte's Room.
- **Noon**: Lunch is served at the Agape Dining Room
- **1:30 PM**: Session 3 "Painting with Acrylics. Finding Connection." at Vinik Conference Room
- **Break**
- **6:00 PM**: Dinner is served at the Agape Dining Room
- **7:30 PM**: Finish projects. Paint & Sip. Holmes will provide snacks and non-alcoholic beverages.

Sunday

- **8:00 AM:** Breakfast is available at the Agape Dining Room until 9 AM
- **9:00 AM:** Free time and packing.
- **10:00 AM:** Worship in Charlotte's Room

RETREAT LEADERS

Holmes Camp & Retreat Center is proud to be able to host engaging facilitators, interesting speakers, and subject matter experts for our retreat programming. This retreat will be facilitated by Rev. Carol Howard Merritt and Rev. Katherine Pater

Carol is the award winning author of several books, including *Healing Spiritual Wounds*, *Reconnecting with a Loving God after Experiencing a Hurtful Church* and *30-Day Journey with Julian of Norwich*. Carol frequently contributes to books, websites, magazines, and journals with her work being highlighted in The New York Times, Washington Post, Newsweek, Salon, and more. Carol is the Pastor at Bedford Presbyterian Church in Bedford, NY.

ARRIVAL & TRANSPORTATION

For arrival and check-in please navigate to The Agape Center at 90 Presbyterian Way in Holmes NY. Check-in begins at 4:30 PM. We are unable to accommodate early arrivals unless arrangements are made ahead of time.

Holmes Camp & Retreat Center is located a short drive from Exit 58 (Luddingtonville Road) on I-84. Holmes Camp has ample free parking and is easily reached by car from anywhere in the Hudson Valley.

We are also a short cab ride away from Southeast Station on the Harlem line of the Metro-North Railroad. Depending on scheduling and staffing availability Holmes Camp & Retreat center *may* be able to pick you up at the train station. This must be arranged by the Thursday prior to your retreat and has a charge of \$29 per trip.

During check-in you will have the opportunity to select your own room of the type you reserved. If you are planning to room with someone specific the first roommate may select the room and pickup keys for both individuals. Except for in extraordinary circumstances all room selections are final.

SAFETY

Participant safety is the highest priority at all of our retreats and events. We have developed procedures and policies to limit risk. Participants are expected to work with staff and instructors to reduce risk and make the experience enjoyable for all. Please make Holmes Camp & Retreat Center aware of any special risk factors or health needs—including accessibility needs and dietary restrictions—you feel that we should be aware of for you to have a safe and comfortable stay.

Holmes Camp & Retreat Center has excellent cell service, and reliable wifi in all the spaces that will be used for this retreat, and Holmes staff carry cell phones at all times in case of emergency. Holmes staff are trained in First Aid & CPR, and the center has first aid kits and AEDs available in all areas of the center.

The nearest hospital is Putnam Hospital in Carmel Hamlet, NY. In the unlikely event of an emergency requiring medical care Holmes Camp & Retreat Center is able to provide transportation to care, or you may choose to drive yourself or arrange your own transportation.

In the case of any injury or emergency please be sure to alert Holmes Camp & Retreat Center, even if you seek treatment on your own.

CLOTHING & EQUIPMENT

Portions of the Fall Women's Retreat may take place outdoors. Please be sure to bring warm layers and sturdy closed toed shoes appropriate for walking on dirt and uneven ground. You may even want a warm hat and gloves, or a small fleece blanket.

Holmes Camp & Retreat Center will provide a notebook and pen, as well as materials for all workshops and activities.

As part of your trip to the Hudson Valley we encourage you to take advantage of the grounds at Holmes or any of the many nearby outdoor opportunities. Some retreats may also have the opportunity for an optional guided hike or outdoor activity.

If you do choose to venture outdoors being properly equipped for a wide range of weather is essential for personal safety and enjoyment. Fall weather in the Northeast is unpredictable. Conditions may be warm and sunny, or cold and wet, and may change rapidly. You should expect temperatures from below freezing to as high as 70°.

RECOMMENDED PACKING LIST

- Warm Clothing:** A jacket or sweater, warm coat, hat, and gloves.
- Comfortable closed toed shoes:** Comfortable shoes appropriate for time spent outdoors on natural surfaces.
- 3-4 socks:** Warm and comfortable socks that you like. You may wish to bring extras.
- Clothing:** Comfortable clothes for 3 days. You may also wish to bring a nice change of clothes for the Sunday morning worship service, although you are welcome to attend in any attire.
- Toiletries:** Shampoo, conditioner, toothbrush, toothpaste, brush or comb, medication, feminine hygiene, etc. *Holmes Camp & Retreat Center provides bar soap, towels, and washcloths.*
- Insect repellent:** Studies show picaridin, DEET and lemon-eucalyptus to be most effective.
- Extra pens and pencils:** Holmes Camp & Retreat Center will provide each guest with a notebook and pen, but you may wish to bring pencils, colored pencils, additional pens, etc.
- Bible:** Holmes Camp & Retreat Center typically uses the NRSV, but feel free to bring your favorite bible of any translation.
- Cash:** A small amount of cash for Holmes Camp souvenirs or for stops during travel.
- Fun items:** games, books, cards, etc. We encourage you to enjoy your time with your fellow retreaters!
- Camera:** Optional, but please bring one if you would like.
- Items for outdoors:** If you plan to adventure outdoors during your free time you may want to bring additional warm layers, hiking boots, binoculars, etc.
- Art supplies:** Holmes will provide all supplies needed for the activities, but if you have a favorite set of pencils, sketchbook, paintbrush or other supplies please feel free to bring it.

FORMS

The following forms are needed for this retreat and can found at the end of this packet. If you registered by phone please bring a signed copy of these forms with you to check in:

- Media Release**
- Assumption of Risk & Waiver**



Media Release

I hereby grant Holmes Camp & Retreat Center (“the Camp”) permission to use my or my family member’s likeness in a photograph, video, or other digital media (“photo”) in any and all of its publications, including web-based publications, without payment or other consideration.

I understand and agree that all photos will become the property the Camp.

I hereby authorize the Holmes Camp & Retreat Center to edit, alter, copy, exhibit, publish, or distribute these photos for any lawful purpose. In addition, I waive any right to inspect or approve the finished product wherein the likeness appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of the photo.

I hereby hold harmless, release, and forever discharge the Holmes Camp & Retreat Center from all claims, demands, and causes of action which I, my heirs, representatives, executors, administrators, or any other persons acting on my behalf or on behalf of my estate have or may have by reason of this authorization.

Should I choose not to agree to the Media Release I understand that the Camp will take reasonable steps to ensure that any likenesses of me or my child are not publicly distributed.

- I agree to the Above
- I would like to opt out of the Above

Signature _____ Date _____

Assumption of Risk

I acknowledge and agree that any use of Holmes Camp & Retreat Center facilities, services, equipment and premises (collectively, the “Facilities”) and any participation in Holmes Camp & Retreat Center programs and activities (collectively, the “Programs”) comes with inherent risks including, but in no way limited to: moderate and severe personal injury, property damage, disability, death, and sickness or disease including, without limitation, COVID-19. I voluntarily, for myself and my family, accept and assume full responsibility for these risks as well as any and all other risks of the use of Facilities and participation in Programs. I agree that I have reasonable knowledge of the nature and extent of all such risks and am not relying on all such risks being described in this document.

Waiver, Release, Indemnification & Covenant Not to Sue

In consideration of my own or Minor’s use of Facilities and participation in Programs, I, in my legal capacity as parent/guardian of Minor, agree on behalf of myself and Minor that Holmes Camp & Retreat Center, and its officers, directors, agents, employees, volunteers, insurers and representatives (collectively, the “Releasees”), will not be liable for any personal injury, property damage, disability, death, sickness or disease incurred by myself or Minor, however occurring. I understand that Minor and I will be solely responsible for any loss or damage, including personal injury, property damage, disability, death, sickness or disease sustained from the use of Facilities and participation in Programs.

Further, on behalf of Minor, myself, and any and all legal successors and proxies, I hereby do release, waive, and covenant not to sue Releasees from any causes of action, claims, suits, liabilities or demands on account of personal injury, property damage, disability, death, sickness, disease or accident of any kind, arising out of or in any way related to the use of Facilities or participation in Programs, whether that participation is supervised or unsupervised, however the injury or damage occurs.

In further consideration of the use of Facilities and participation in Programs, I, in my legal capacity as parent/guardian of Minor, agree on behalf of myself and Minor to indemnify and hold harmless Releasees from any and all causes of action, claims, demands, losses, suits, liabilities or costs of any nature whatsoever, including claims of negligence, arising out of or in any way related to the use of Facilities and participation in Programs.

I have read and agree to the above.

Signature _____ Date _____