



## CLERGY SPOUSES' RETREAT

# *“From Heart and Head to Hands”*

### Identifying and Practicing our Mission

Friday – Sunday, April 9 – 11, 2010

Mount Eagle Retreat Center

for ALL clergy spouses: active and retired; male and female



Featured Presenter: Karen Crutchfield

*“Showing UP: Presence & Witness”*

Other Clergy Spouse Presenters

*Lynn Baker, Gene McClure, Mauzel Beal,  
Mary Anne Settle, Gina Wingo, Cathy Hughes and others*

### What you can expect at the retreat:

- A retreat from your daily routine
- Seeing friends, making new friends
- A time to reflect
- Learning something new
- Laughter and fun
- A massage (bring extra sheet for this)
- Quiet time
- A beautiful setting
- Worship



The retreat is \$90 per person. Scholarships of \$40 are available. For more information, contact Lu Harding, 501-723-4580 or [lu@mounteagle.org](mailto:lu@mounteagle.org)

Mount Eagle Retreat Center is located in southwest Stone County. This year-round retreat center sits atop a mountain surrounded on three sides by the Middle Fork of the Little Red River. Their mission is to provide Christian hospitality and opportunities for holy listening.

**Retreat Schedule:** Arrive anytime after 3:00 p.m. on Friday, April 9<sup>th</sup>. A light snack supper will be available if you request it at a cost of \$5.00, payable at the retreat center at registration. All other meals are included in the retreat fee. Friday night will include getting acquainted, an intro to the weekend, and worship. Saturday morning we will have time to explore identifying our mission and putting our “hands” to our mission. Saturday afternoon will be a time of “free choice.” Games, crafts, hiking, resting, etc. will be available. We will conclude Saturday night with worship and singing. Sunday we will have worship with communion and conclude before noon. All activities of the retreat are optional.

**What to bring:** Comfortable CASUAL clothing—things you can layer; walking shoes and rain gear; flashlight; personal items and towels, bedding (twin sheets, queen sheets or sleeping bag and a pillow case—blankets and pillows are provided—rooms are double or triple occupancy), Bible, personal meditation materials, something to write on/in and something to write with; a “healthy” or not so “healthy” snack to share; cards and/or board games to play with others; crafts to teach others; a musical instrument if you play one;

**Helpful things to do:** Send in your registration by Thursday, March 25<sup>th</sup>! Please fill it out completely! Let us know if you want the \$5.00 snack supper on Friday. If you are willing to help with the music by playing an instrument or leading the singing—that would be helpful for us to know ahead of time. Please contact: Sandy Haustein [shaustein@comcast.net](mailto:shaustein@comcast.net). Retreat fee is \$90. Scholarships of \$40. are available / making fee \$50. Call your friends from across the Conference and tell them to meet you at the retreat!

**Directions to Mount Eagle:** From Hwy 65 at Botkinburg, which is 8 miles north of Clinton, turn east onto Hwy. 110 and go approximately 11 miles to the Mount Eagle sign on the left. Turn left and follow the road. From Hwy. 16 near Shirley, take Hwy. 110 west and go approximately 5 miles to the Mount Eagle sign on the right. Turn right and follow the road. Follow that road past the director’s residence all the way to Beal Lodge (it will be on your left). The phone number for the director’s residence is 501-723-4580.

**Event Design Team:** Sandy Haustein, chair; Lisa Darling, Mary Anne Settle, Gina Wingo, and Nancy Wilkie. Special support was offered by Karen Crutchfield and Lu Harding.

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Registration: *“From Heart and Head to Hands”*  
Please register by Thursday, March 25, 2010.

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ e-mail \_\_\_\_\_

Local Church \_\_\_\_\_ District \_\_\_\_\_

Roommate preference(s) (triple or double rooms) \_\_\_\_\_

Snack supper Friday night? (\$5.—payable at Mount Eagle) <please circle> Y N

Special dietary needs \_\_\_\_\_

Emergency contact (name and phone) \_\_\_\_\_

**Select your payment:**

\_\_\_ Payment Enclosed

Charge My:

\_\_\_ Visa \_\_\_ MasterCard \_\_\_ Amex \_\_\_ Discover

Card # \_\_\_\_\_ Exp. Date \_\_\_/\_\_\_

**Mail completed registration form & payment to:** Arkansas Conference, Attn: Spouses Retreat, 800 Daisy Bates Dr, Little Rock, AR 72202. Make checks payable to Arkansas Conference.

**Online registration is also available at [www.arumc.org/register](http://www.arumc.org/register) through March 25, 2010.**