



*First Unitarian Universalist Church*

# Spring Nature Retreat

April 23 – 25, 2010

## Registration Information

**Attendance is limited – please register early.**

Join us at beautiful Piney Woods Conservation Center near Lufkin, Texas for a weekend of fellowship, relaxation, and renewal. You'll enjoy lots of rocking chairs with views of nature, hiking trails, a nearby lake, a variety of optional workshops, and great food.

Piney Woods Conservation Center has dorm-style rooms, a shared bathroom between two rooms, and individual A/C and heat. Two adults or a family will be assigned to each room. **Requests for separate accommodations for youth 12 and over apart from their parents may be granted if space permits.**

The Center is about 3½ hours north of Houston and east of Lufkin. It's a pretty drive, so consider taking off early Friday for a leisurely drive to enjoy the scenery and miss the traffic. Arrive any time on Friday. Registration will

begin at 4 pm. For Friday night supper, bring a cold dish or snack for a continuous pot luck, cold food dinner from 6 to 8 pm. Utensils and plates will be provided.

**The cost includes room, three Saturday meals and two Sunday meals: \$90 per adult and youth 12 and over, and \$45 per child under 12. Financial assistance is available. Donations to defray these costs would be greatly appreciated.**

Registration has filled up early in the past – so **please register ASAP** by mail, fax or email to Josef Kamerling, or turn in a completed registration form to the Church office. **See more information on Registration page.** A map and information packet will be emailed to you prior to the retreat and will also be available at church.

**Although all activities are optional, the following programs and activities will be offered:**

- Greening Our Souls** with Rev. Adam Robinson
- Guided Nature Walk** w/Camp Director David Treadaway
- Rounds Singing** with Paul Havlak
- Flash Fiction Writing Workshop** with JoAnn Szabo
- Mind-Stretching Games** w/Natalie Browne
- Nature and Mindfulness** Meditation with Pam Perry
- Collage Workshop** w/Laura Michaelides
- Canoe Races** for All Ages
- Amateur Talent Show and Show & Tell** for All Ages
- Sing-along** with Pam Perry and Others
- Sunday Morning Gathering** with Rev. Adam Robinson

**Activities for Younger Youth and Children**  
*Participating parents are requested to volunteer for a shift of about an hour and a half.* Past activities have included nature walks, games, puzzles, arts & crafts, hula hoop, Frisbee, canoeing, ping-pong tournaments & more.

**Impromptu Activities** may include a Campfire, Sing-Along, Stargazing, Poetry Reading, Table Games, Dominoes, Coloring Mandalas, Arts & Crafts, Rocking, Reading, Eating Ice Cream

**Fishing on a Pontoon Boat** on Lake Sam Rayburn  
A fishing license is required except for those under 17 and those born before 9/1/1930. For fishing license info., contact Rhonda Cumming at rcumming@phonoscope.com.

If you need any **additional information** concerning the retreat, please feel free to contact any of the Spring Nature Retreat Committee members listed below:

**Spring Nature Retreat Team Members**

**Phone**

**E-mail Address**

Cindy Douglass	713-644-4803 (hm)	cndydoug@hal-pc.org
Josef Kamerling	713-627-7560 (ofc)	joekam@hal-pc.org
Laura Michaelides	713-862-0083 (hm)	lauramichaelides@sbcglobal.net
Pam Perry	713-724-3675 (cell)	pamperry@hal-pc.org
Rhonda Cumming	713-444-2886 (cell)	rcumming@phonoscope.com
Natalie Browne	713-526-5200 (ofc)	natalie@firstuu.org

**TO REGISTER, See Registration Form on next page.**



First Unitarian Universalist Church

# Spring Nature Retreat

April 23 – 25, 2010

## REGISTRATION FORM

Attendance is limited – please register early.

PLEASE PRINT:

Adult(s) \_\_\_\_\_

Child/Youth \_\_\_\_\_ Age \_\_\_\_\_

Child/Youth \_\_\_\_\_ Age \_\_\_\_\_

Street Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone: (Day) \_\_\_\_\_ (Eve.) \_\_\_\_\_

Email \_\_\_\_\_

**Meal Preference:** Vegetarian \_\_\_\_\_; Non-Vegetarian \_\_\_\_\_

**Transportation:** Please check if you: NEED a ride: \_\_\_\_\_ or Can GIVE a ride: \_\_\_\_\_

**Registration Deadline April 11, 2010**      **Cost**

\$90 for \_\_\_ adults or youth 12 & over      \$ \_\_\_\_\_

\$45 for \_\_\_ children under 12      \$ \_\_\_\_\_

Donation for financial aid to others      \$ \_\_\_\_\_

TOTAL for Registration:      \$ \_\_\_\_\_

**Scholarships Available:** For financial assistance, contact Josef Kamerling.

**Housing:** Two adults or a family will be assigned to each room. **Requests for separate rooms for youth 12 and over may be granted if space permits.**

Check Method of Payment: Check enclosed: \_\_\_\_\_, VISA: \_\_\_\_\_, MasterCard: \_\_\_\_\_

Credit Card No. \_\_\_\_\_ Exp. Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Signature: \_\_\_\_\_

Printed Name on Credit Card Account: \_\_\_\_\_

Make checks payable to **FIRST UNITARIAN UNIVERSALIST CHURCH** and deliver with registration form to First Church Office, or mail, fax or email to:

Josef G. Kamerling  
4709 Merwin St.  
Houston, Texas 77027-6607

Phone: (713) 627-7560  
Fax: (713) 627-7500  
Email: joekam@hal-pc.org