

October 18-20, 2010

### Participants

This retreat is for women with cancer. It is designed to be a time of renewal, shared journeying, encouragement and support.

### Total Cost for Retreat:

*We have been successful in acquiring scholarship money to defray some cost. Prices reflect costs minus scholarships.*

### **Semi Private Lodging: \$300**

Beam House, Lindsay House, Boyd Hall (private rooms, shared bathrooms)

### Registration

Online registration required:  
[www.menucha.org/programs](http://www.menucha.org/programs)

Confirmation of registration will be sent electronically. You will receive a personal call from our facilitator as a screening measure.

Send your registration and deposit to:  
**Menucha**  
PO Box 8  
Corbett, OR 97019

If you prefer, you may also  
Call: 503-695-2243 or  
Email: [office@menucha.org](mailto:office@menucha.org)

Directions: [www.menucha.org](http://www.menucha.org)

Complimentary Wi-Fi is in many buildings, and a computer lab available.

*Menucha is a community based mission of  
First Presbyterian Church of Portland*

### **Retreat Schedule**

Monday, October 18  
4:00 pm Check in at the office, settle in  
4:30 pm Welcome and overview  
5:00 pm Opening Circle  
6:00 pm Community Evening Meal  
7:00 pm Evening Circle

Tuesday, October 19  
8:00 am Breakfast  
9:00 am Morning Circle  
10:30 am Yoga or Chi Gong activity  
12:00 pm Lunch  
1:00 pm Art Activity  
2:45 pm Exploring who we are now  
3:30 pm Free time and massages  
6:00 pm Evening Meal  
7:00 pm Evening Circle and Fun  
8:00 pm Candlelight labyrinth  
facilitated (weather permitting)

Wednesday, October 20  
8:00 am Breakfast  
9:00 am A roadmap for self-care  
10:45 am Closing Circle  
11:30 am Pack up  
12:00 pm Lunch  
1:00 pm Depart



## **MENUCHA**

PO Box 8  
Corbett, OR 97019  
Phone: 503-695-2243  
Email: [office@menucha.org](mailto:office@menucha.org)  
Website: [www.menucha.org](http://www.menucha.org)



**MENUCHA**  
*Sacred Space - Purposeful Work*

## **Fall Retreat**

*For Women with Cancer*



*Facilitated by  
Susan Hedlund*

October  
18-20, 2010

Discover, experience,  
and explore what it  
means to have healthy  
minds, bodies, and  
spirits in the midst of  
living with cancer.

## Retreat Facilitator Susan Hedlund

Susan Hedlund, LCSW, has been a social worker in the healthcare field for twenty eight years and has extensive experience working with individuals and families facing life threatening illness and loss. She is currently the Director of Social Services for Hospice and Palliative Care of Washington County in Portland, Oregon, and is on the faculty of the School of Medicine at Oregon Health & Sciences University, as well as the Graduate School of Social Work at Portland State University. She was previously the Director of Counseling at Cancer Care Resources, and the Clinical Manager of Social Work at OHSU. Susan speaks nationally and internationally, and has published on topics related to coping with illness, end of life issues, and loss. She co-founded the Well Arts Institute, a nonprofit program for arts in health care settings. She is the past chair of the Health Specialty Practice for NASW nationally.



**What we will be doing:** This retreat is designed to provide time to consider the impact of cancer on your life, and to reflect upon both the difficulties as well as the potentials that now exist as a result of your experience with illness. Preparing for a retreat includes setting an “intention,” in other words considering what you personally would like to discover on the retreat. It also begins the process of slowing down and turning inward that is crucial to getting the most from the retreat experience. Other aspects of retreat include withdrawing from ordinary life and creating a new “space” in which to consider and listen to your own insights. At the end of the retreat, we re-emerge to our normal lives, but hopefully return with renewed perspectives and energy. We invite you to begin with reflecting on your reasons for being here.

Please consider the following: We recognize the importance of confidentiality during and after your retreat. We ask that you agree to and sign the statement printed below:

*I know my own physical abilities and I will try not to over-extend them. I understand that information I share with others at the retreat is confidential. I understand that I cannot reveal any information shared by other retreat participants.*

Printed Name: \_\_\_\_\_ Signed: \_\_\_\_\_ Dated: \_\_\_\_\_

*In addition to the workshops offered, there will be several mobile spirituality centers open for self-guided meditation during the course of the retreat. Materials available will include Breath Prayers, Prayer with Water Fountain, Finger Labyrinth, Sticky Note Prayers, Lectio Divina, Mandala Making, Prayerful Magnetic Poetry, and simply just being or walking our grounds or our outdoor labyrinth on your own can be a prayer.*

**This retreat made possible  
with special thanks to the:**



**PinkLemonadeProject®**

When life throws you lemons, make lemonade.

## **Fall Retreat for Women With Cancer:**

**Oct. 18-20, 2010**

Please return registration by  
October 1st, 2010.

Name (as you'd like it on a name tag):  
\_\_\_\_\_

Address \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Physical/Dietary needs \_\_\_\_\_

Lodging, Program Cost **\$300**

**I would like a scholarship to attend:**   
(Please mark this box; you will be called)

**Please register online (for screening):**

**[http://www.menucha.org/programs/  
fall-cancer-retreat](http://www.menucha.org/programs/fall-cancer-retreat)**

We also take Check, Visa or MasterCard

Cancellation policy: 50% refund 7-90 days in advance. Non-refundable less than 7 days out.

Please make a copy of this form (or print two copies from our website), sign both of them, and return one entire form to:

**Menucha Retreat and Conference Center  
PO Box 8, Corbett, OR 97019**



**MENUCHA**

Sacred Space - Purposeful Work

Questions: contact Menucha: 503-695-2243, [office@menucha.org](mailto:office@menucha.org), PO Box 8, Corbett, OR 97019, [www.menucha.org/programs](http://www.menucha.org/programs)