



THE EPISCOPAL DIOCESE OF VIRGINIA

2018 Lay Professionals, Clergy and Spouses Fall Conference | **Individual Registration**

Deadline for mail-in registration: **Wednesday, October 10th**

October 15-17, 2018, Shrine Mont

Please register by Friday, October 12 (Deadline for mail-in registration: October 10th)

Child care requests must be submitted by September 30th - see page 4

Name: _____

Name as it should appear on nametag: _____

Email: _____

Day phone: _____

Name of spouse (if attending; please submit separate registration): _____

Church Name and Location: _____

I am a: Lay Professional Clergy Spouse

Is this your first time attending the fall clergy retreat at Shrine Mont? [] yes [] no

Please indicate which parts of the conference you will attend:

- Monday-Wednesday (\$190)
- Monday Night Only (\$95)
- Tuesday Night Only (\$95)
- Commuter (\$95)

Special physical or dietary needs: _____

Please note that each attendee must register individually . If your spouse is attending please indicate their name so that your room can be assigned:

Are you interested in participating in the worship services or music at the conference? If yes:

- Participate in Liturgy
- Participate in Choir
- Play an instrument

If you are interested in playing an instrument, what will you be playing? _____

Optional Massage (see info page 3): \$50

please contact Kate Wettstein at (800) 346-2373 x1033 to reserve your time

Please check here if you require **Child Care** (\$50) at the retreat; **complete information on page 4**

Are you attending any of these other events? (registration is separate)

- Deacons Retreat
- CoM Retreat
- Fresh Start

Clergy only: Prevention of Child / Adult Sexual Misconduct Workshop

Please submit your registration with check payable to:

The Diocese of Virginia
Attn: Kate Wettstein
110 West Franklin St.
Richmond, VA, 23220

Registration: \$ _____

Massage: \$ _____

Child Care: \$ _____

Total Enclosed: \$ _____

Scholarship Assistance is available . Please contact Amy Williams at awilliams@thediocese.net or 800-346-2373 x 1012



2018 Lay Professionals, Clergy and Spouses Fall Conference | Activities

Deadline for mail-in registration: **Wednesday, October 10th**

Optional Tuesday afternoon activities

Please indicate which of the following activities interest you. Select ONE (1) choice. Your choice does not obligate you to attend the event.

Hike North Mountain **12:30** **Bishop Ted and Ed Keithly**

Join Bishop Ted and Ed for a semi-strenuous hike to North Mountain, Shrine Mont's most impressive vista. The hike will begin promptly at 12:30, so please reserve your box lunch at least 24 hours in advance as part of the online registration or with Bill Martin (bmartin@thediocese.net). Come ready to hike with your lunch, a water bottle and sturdy shoes. The expedition will leave from the front porch of the Virginia House. We will return in time for hikers to shower before the 4:30 p.m. session.

Treads with Ted **1:30** **Ted the Treasurer**

Bring your bike and enjoy an afternoon ride in and around Orkney Springs with Ted. What an ideal time of year to experience the Shenandoah!

Gentle Yoga **2:00 – 3:15** **tba**

Come and experience the presence and wisdom of God's spirit in your body. Please bring a yoga mat and a Shrine Mont blanket. Be sure to wear comfortable clothes you can move in. All are welcome, no previous experience required.

Healing Through Arts **1:15-4:00** **Heather Baggett**

This session will be an opportunity to use the creative process to explore your emotional and spiritual self. You will have the opportunity to complete an art piece based on a prompt and then participate in a group discussion about the process of creation and what you learned about yourself. It is a great way to work through difficult emotions or just help relieve stress. Each participant should bring a pad of plain white paper of at least 11 inches x 14 inches and one set of drawing materials of their choice (markers, colored pencils, crayons, etc). This session is limited to 8 people. Please contact Chaplain Heather Baggett at heather.baggett@wc-br.org or 434-972-2560 with questions.

Name your activity **2:00** **You!**

If you would like to host an activity, just let us know! If you knit, run trails, paint, coach tennis, etc. – feel free to share your gifts Tuesday afternoon.



2018 Lay Professionals, Clergy and Spouses Fall Conference | **Massage Information**

Deadline for mail-in registration: **Wednesday, October 10th**

Massages are available on Monday afternoon (2:00, 3:00, 4:00, 5:00) and Tuesday afternoon (1:00, 2:00, 3:00, 4:00, 5:00). The fee for a massage is \$50.00 and does not include any tip/gratuity that you may wish to offer to the massage therapist or any additional services outlines below.

You may sign up for the massage sessions by contacting Kate Wettstein (800) 346-2373 x1033 or kwettstein@thediocese.net to schedule a time.

Payment for the massage should be included with your registration.

Massage therapists:

Rich Sitorius:

Rich has been practicing massage since 2009. He is currently co-owner and manager of Little Washington Spa in Washington, VA. He also manages The Seasons Spa at the Mimslyn Inn Hotel in Luray. Rich has practiced and studied Energy Healing since 2012 and is certified in Integrative Energetic Medicine. This work addresses the chakra system and Energy Fields (sometimes referred to as "chi") and seeks to restore natural movement & balance where there may be restriction or depletion from injury, trauma or stress. This often results in relief from pain and can help us feel more grounded and present.

Ashley Smith:

Ashley received training in Swedish Massage, Deep Tissue Massage and Myofascial Release as well as Joint Mobility and Postural Assessment at the Shenandoah Valley School of Therapeutic Massage. Her massage is a relaxing therapeutic massage.

Chante Kennedy

Chante is a licensed Massage Therapist who graduated from The Shenandoah Valley School of Therapeutic Massage in 2009. With a background in spa and chiropractic offices, she has learned to focus on a truly therapeutic approach. She uses Swedish, deep tissue, myofascial release, Thai yoga massage, M.E.T., PNF, trigger point therapy, and reflexology modalities. Her specialties include sinuses, pre- and post-op hip and knee replacement, headaches, migraines, shoulders injuries, plantar fasciitis, and sciatica. You can find her massage practice located at A New You in Mount Jackson, Virginia.

Additional services available:

The massage therapists will also provide the option to the clients to incorporate additional items into their massages for \$10 extra each. The clients would pay for this with cash or check, directly to the therapist in addition to any gratuity/tip they may wish to give their therapist. Here are the extra options offered:

- 1. Deep Tissue Massage (\$10)**
- 2. Therapeutic Stretching (\$10)**
- 3. Energy Healing (\$10)**
- 4. Aromatherapy (\$10)**



2018 Lay Professionals, Clergy and Spouses Fall Conference | **Child Care Registration**

October 15-17, 2018
Shrine Mont

Child care requests must be submitted by September 30th

Childcare is available for infants, toddlers and preschool-age children. There are no childcare provisions for children of five or above.

It is especially important that we know whether your child will be present during the group child care activities, since we must have an accurate number of children to plan sufficient adult supervision. The adult-to-child ratio is so important that the child care coordinator will be required to turn away children who are not registered in advance. This is essential for the well-being and safety of your children as well as for insurance purposes.

The child care providers are not permitted to administer any medications (over-the-counter or prescription).

Child care is provided only during conference sessions and worship times. You are responsible for your children during all meals, receptions and free time.

If you wish to have child care, please contact Kate Wettstein as soon as possible to reserve a space (kwettstein@thediocese.net or (800) 346-2373 x1033; complete the form below and include with your registration materials; send all registration materials to:

The Diocese of Virginia
Attn: Kate Wettstein
110 W. Franklin St.
Richmond, VA 23220

Parent Name(s): _____

Childcare Needed (check all that apply):

- Monday Evening Tuesday Morning Tuesday Evening Wednesday Morning

Children's Name(s), Age(s), Birthdate(s) and Dietary Restrictions/Allergies (REQUIRED)

If possible, also include regular nap/bed times, normal feeding schedule and any additional helpful information

