



*H.U.G.S - Helping Us Grow Spiritually*

*Fri. May 26<sup>th</sup> ~ Sun. May 28<sup>th</sup>, 2017*

**Kempfenfelt Conference Center**

3722 Fairway Road, Innisfil, ON L9S 1A6

(705) 722-8080

Emergency (Cathy Calvin's Cell) #1-289-700-4070

**REGISTRATION FOR PARTICIPANTS**

**Name:** \_\_\_\_\_ **Telephone:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **Postal Code** \_\_\_\_\_

**Email:** \_\_\_\_\_

I give permission for my email address to be used by the organizing committee. If yes made an X in the box above.

**Congregation:** \_\_\_\_\_

**Room Mate Preference:** \_\_\_\_\_

**Indicate Food Allergies/Special Diet needs (if any) :** \_\_\_\_\_

**COST: (please check appropriate box(s))**

Package A – Friday-Sunday \$250.00  
(includes – accommodation, double occupancy and meals)

Package B– Friday-Sunday \$ 350.00  
(includes – accommodation, single occupancy and meals)

Add-on: Thursday night accommodation \$50.00 \$ \_\_\_\_\_

Add-on Late Registration – after March 15, 2017\* \$50.00 \$ \_\_\_\_\_

**Total Enclosed** \$ \_\_\_\_\_

**If you would like to attend any of the breakout sessions please fill out page two and return it with your registration. If you require accommodation on the Thursday evening, it will be at your own cost.**

**Registration deadline: March 15, 2017\***

**Return registration form and breakout preference form with your cheque to**

**Dorothy Frook, Registrar**  
**#20-17 Heritage Way, Walkerton, ON N0G 2V0**  
**Telephone: 519-881-2798**  
**Email: [dbfrook@wightman.ca](mailto:dbfrook@wightman.ca)**

**MAKE ALL CHEQUES PAYABLE TO: Eastern Synod**

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## Break Out Session Request Form

Name \_\_\_\_\_

Please include this form with your registration – Breakouts are on a first-come basis and some are restricted for as to the amount of people per session. Wherever possible, your first choice will be honored.

### *Morning Session (please mark appropriate boxes with an 'X')*

1 <sup>st</sup> Choice	2 <sup>nd</sup> Choice	Breakout Session and Description
		Ruth Smith Meyer " <b>Searching for Signs of New Growth</b> " will include a nature walk if the weather is suitable, and some hands-on illustration of growth that we see in ourselves or we desire to nurture.
		Rev. Anne Anderson " <b>Where do I see God at work ? In me, in my neighbourhood , and in my world?</b> " What is God up to in our lives? There are many ways that we search and seek and struggle to see God in our midst. What are some practices that we can use to help encourage and inspire us to see God in our world? We will try some of these practices out and share with one another and hopefully see that Yes- God is truly already at work in world! Come join in an interactive and full time together!
		Melissa and Heather " <b>Painting for HUGS</b> " There is something for all skill levels here! Grab a paint brush & pick your colours! Choose from an outlined canvas print or use your imagination to start with a blank canvas! Be inspired by our natural surroundings with a view of nature from the window lined workshop space
		Seija Hyhko <b>Prayer Walk - Path of Prayers</b> Participants will have an opportunity to enjoy the beauty and serenity of our venue following a self-led prayer walk. As you stop at each of the stations, you can search for treasure, the most valuable riches of life. The treasure is not riches nor gold. Walking through this path we will learn to walk together with our Saviour and friend Jesus Christ.
		<b>Tai Chi</b> Join a beginner's class in the ancient art of Tai Chi. It is an ancient Chinese tradition that has evolved over centuries to become a means of alleviating stress and anxiety, a form of "meditation in motion." Advocates claim that it promotes serenity and inner peace. Easy on the joints too!

### *Afternoon Session (please mark appropriate boxes with an 'X')*

		Brenda Byers " <b>Shaping our Faith Stories</b> " When we are asked to share our faith, it is sometimes difficult to know what to say. Unless you have some stories about your faith life in your back pocket! We will sift through our memories and craft them for telling with story seeds, six word stories, shape-shifting and more. This is a fun workshop with opportunities to tell for those who want to! Helpful but not necessary, is to bring a significant something (jewelry, book, bookmark, special gift photo, etc.) to which you may already have attached a tale.
		<b>Dianne Yungblut Therapeutic Touch:</b> Is it a myth, is it magic or is it a mystery? Learn the history, the benefits and the process of this natural healing method for relaxation and pain with Dianne as she shares her knowledge and experiences.
		Melissa and Heather " <b>Painting for HUGS</b> " see above for description
		Seija Hyhko – <b>Prayer Walk</b> see above for description
		<b>Tai Chi</b> – see above for description