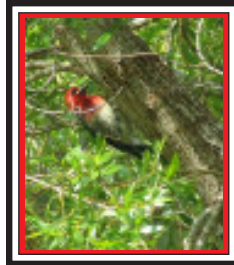


Seabeck Retreat 2010



Activities
are scheduled by group,
but you can always opt
out to beachcomb, hike
or nap.

Kids' Programs
by age group



Music
for all!



**Seabeck offers
something for
everyone.**

Highlights

Sitting on the chairs on the long porch outside the lodge with my feet up, looking at the trees and sky waiting for friends to come by.

Participating or watching the barely controlled chaos of the Maypole dance.

Eating the great food brought family style to the big round tables, where we can hang out with friends and know the kids are having fun.

Sleeping in a big house with families/friends in all the bedrooms (other options are available).

Bird watching for bald eagles and herons while rowing a boat in the small pond with your family or friends.

Drinking hot coffee, tea or hot chocolate any time of day.

**Shoreline and Evergreen UU's Annual Seabeck Retreat: Apr 30-May 2, 2010
At Seabeck Conference Center on Hood Canal**

“What’s Seabeck?” you ask.

See the SUUC website at www.shorelineuu.org [Videos] for our Seabeck Video.

Eastern Spirituality

Our program this year will be led by Heidi Henriksen and Homer Henderson from SUUC and Rev. Bruce Davis, minister at EUUF. We are happy to present a collaborative SUUC/EUUF program. Heidi lived in Thailand and studied the culture there for several years, Homer has a strong interest in Japan and Buddhism, and Bruce brings his own interest in Eastern Spirituality and Kirtan chanting.

Our adult program consists of two 2-hour blocks of time on Saturday, with participation optional. Children are invited to participate in a variety of age-appropriate activities during the program time. The teens are invited to join in their own supervised program, as well. Children under three must be supervised by parents or a cooperative exchange. Check-in is Friday, April 30th, 7-9 p.m., following dinner on your own, or join us for the potluck dinner at 6:30 p.m. in Colman Center – bring your own utensils for the potluck. Five family style meals provided in the lovely dining room. Our retreat goes through lunch Sunday. You will receive a confirmation letter with directions and the schedule by April 28th.

WHY GO TO SEABECK THIS YEAR?

To relax

To be with old friends and make new ones

To have five meals served; no dishes!

To play with children

To try new things

To have fun

To rest

To get some exercise

To dance around the Maypole

To be outdoors in a beautiful place

To be inspired

New This Year!

Craft Time for All Ages

Sign up to bring a craft that adults and children would enjoy. We'll have time on the schedule for crafts from 4:00-5:30 p.m. Saturday.

NOW is the time to sign up!!!

See you there!

**Shoreline and Evergreen UU's Annual Seabeck Retreat: Apr 30-May 2, 2010
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Eastern Spirituality

AGAIN THIS YEAR: MORE SPACE TO ACCOMMODATE A LARGER GROUP, AND THE OPTION OF PAYING MORE TO STAY IN THE HISTORIC INN OR IN A SINGLE ROOM IN THE ANNEX. PLEASE REGISTER EARLY TO ENSURE SPACE.

*Please note: Any guest children and youth must be accompanied by a responsible parent—add \$30 to registration fee.
We have limited space for teens without own parent.*

HISTORIC INN / ANNEX

Adults...\$130 Teens 12-16 years...\$90 Children 3-11...\$55 under 3 are free

CEDARS, MAPLES, FIRS, HEMLOCK, & MADRONA

Adults...\$100 Teens 12-16 years...\$80 Children 3-11...\$55 under 3 are free

Congregation: Shoreline ___ Evergreen ___

NAMES (please give kids' ages)	Adult	Teen	3-11	under 3	cost
_____	___	___	___	___	_____
_____	___	___	___	___	_____
_____	___	___	___	___	_____
_____	___	___	___	___	_____
I will donate an extra \$ _____ to a scholarship fund				Donation	_____
				Total cost	_____
				Amount enclosed	_____
				Balance due	_____

ADDRESS _____
 _____ Zip _____ Phone _____

SCHOLARSHIP REQUEST _____ SPECIAL HOUSING REQUESTS _____

SPECIAL MEAL REQUESTS (please be specific): _____

Please note: We are trying to keep costs low. We request that ALL participating adults contribute in some way to the program or group activities. Please sign below to indicate how you can help us provide safe, supervised, and fun activities for all participants.

I CAN HELP WITH: Adult program _____ Teens _____ Middle Schoolers _____
 Children's Program: Kids' Crafts _____ Kids' Outdoor Adventures _____
 Friday Eve Gathering _____ Saturday Eve Party _____ Worship Planning _____
 Adult & Kids' Crafts _____ Staffing for Children or Teen Program _____

Earliest possible registration will help us with our planning. Complete this form and send it with your check (payable to SUUC) to Chris Poole, 20410 18 NW, Shoreline, WA 98177. You may pay the total amount, or reserve your space by paying a 50% deposit, with the balance due upon arrival at Seabeck (checks only—no cash please).

Questions? Call Chris Poole (Shoreline) at 206-542-9271 or Karen Totten (Evergreen) at 360-653-8986

DEADLINE FOR REGISTRATION IS SUNDAY, March 28, OR ASAP