



## Women's Fall Spiritual Retreat: I am the Bread of Life

October 11-14, 2019

Camp Mechuwana, Winthrop

Led by Evelyn Littlefield

Experience the beauty of the natural surroundings as we gather to sing, study, share, and worship. Come enjoy a weekend of fellowship, fun, and good conversation.

You will make, bake, and take a loaf of bread! Bring a loaf pan, bowl, apron, & spoon. The ingredients will be provided.

**Cost:** 2 nights/5 meals: \$85 or 3 nights/7 meals: \$115.

There's a \$5 charge for the Bread Ministry Class on Saturday from 9 a.m. – 3 p.m., led by Dan Queior

Registration is from 4:00-7:00 p.m. at the first retreat building behind Mechuwana's Dining Commons. Questions? Please contact the camp office at (207) 377-2924 or [Mechuwana@fairpoint.net](mailto:Mechuwana@fairpoint.net).

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**Please mail check made payable to Mechuwana, along with this registration form to:  
Mechuwana, PO Box 277, Winthrop, ME 04364**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_ Church Affiliation \_\_\_\_\_

Please indicate dietary restrictions/food allergies: \_\_\_\_\_

Other allergies: \_\_\_\_\_

Arriving after 7:00 p.m. on Friday? Please indicate the approximate time you plan to arrive: \_\_\_\_\_

**Directions to Mechuwana can be found at [www.mechuwana.org](http://www.mechuwana.org). For your GPS, use 91 Holmes Road, Winthrop, Maine 04364**

Mechuwana  
PO Box 277  
Winthrop, ME 04364

RETURN SERVICE REQUESTED

Non-Profit Org.  
U.S. Postage Paid  
Winthrop, Maine  
Permit No. 71

Find us online at **[www.mechuwana.org](http://www.mechuwana.org)** or contact us at:  
207.377.2924 or [Mechuwana@fairpoint.net](mailto:Mechuwana@fairpoint.net)

All medications must now be locked up during the weekend, as per new state regulations. You may leave the medications locked in your car or a lock box for all meds will be provided for the weekend.

Emergency contact information:

Name \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone number: \_\_\_\_\_