

Registration Form

Name _____

Address _____

City _____ Zip _____

Phone _____

Email _____

Room/Roommate Preference: _____

Are you GLUTEN FREE? YES | NO

Total for the weekend _____

Deposit (nonrefundable) -\$25

No deposit needed if paid in full

Add \$10 late fee after Oct 27 _____

Total Enclosed _____

Total Due at retreat _____

Friday Noon Pizza (circle 1) YES | NO

Number of Slices (Circle 1) 1 | 2

Please mark the meals you will be attending

Friday Supper ____ Saturday Breakfast ____

Saturday Lunch ____ Saturday Supper ____

Sunday Breakfast ____ Sunday Brunch ____

Send registrations and prepayment to

Marshall E-Free Church

Women's R & R Weekend Attn: Halie Speiser

410 Airport Road Marshall, MN 56258

Make checks payable to MEFC

Feeling stressed?

We will be having a massage therapist available for those attending R & R Friday and Saturday.

Here is the website to sign up for Massage & Food

www.marshallefc.org/events

[Massage sign up online link](#)

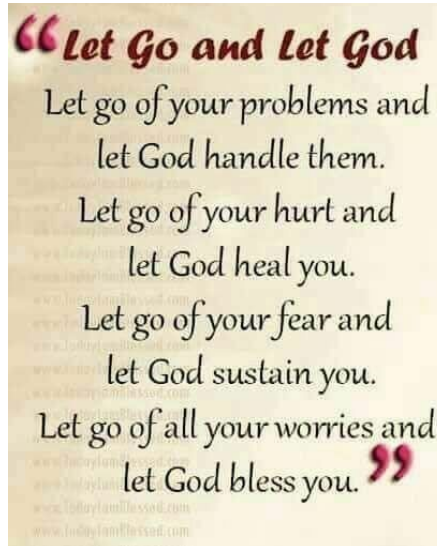
Please take the first available time. We want to fill the schedule with no gaps.

If you want a massage, it is available in 5 minute increments at \$1/minute. Bring cash for your massage and pay Laura at the time of your massage.

Food Sign Up

Please sign up on the link below for food or contact Halie Speiser 507-829-8071 with any questions.

[Food Sign Up](#)



Women's R & R Weekend

LETTING GO



*of
fear*

*of
worry*

*of
control*

*of past
hurts*

*of
materialism*

November 8-10, 2024

Danebod Folk School

Tyler, MN

For more information

Call Cheryl at 507-829-1317

Letting Go

Friday, November 8th

After 10am	Arrive at Danebod Check in & pay balance due
12:00pm	Pizza Lunch—Bring your own beverage \$1/slice bring cash
6:00pm	Soup & Salad Supper
Evening	Games, Movie or Project
10:00pm	Quiet Hours Start

Saturday, November 9th

7:00-10:00am	Continental Style Breakfast
Morning	Activity Time
12:00pm	Lunch—Baked Potato
Afternoon	Activity Time
2:30pm	Craft Project
5:00pm	Worship Service/Group Picture
6:00pm	Catered Supper
Evening	Games, Movies or Project
10:00pm	Quiet Hours Start

Sunday, November 10th

7:00-10:00am	Continental Style Breakfast
Morning	Activity Time
12:00pm	Brunch/Lunch
2:30pm	Pack for Home
3:00pm	Leave for home renewed, restored & refreshed—Valets available from 1:00-3:30pm

Activity Options

- Scrapbooking
- Cross Stitch
- Quilting
- Stamping
- Reading
- Walking
- Photo Books
- Card Making
- Quiet Time
- Puzzles
- Games
- Fellowship

Don't Forget to Pack

- Bible
- Slippers
- Favorite cup, mug or water bottle
- Snack to share
- Ear plugs
- Chocolate :)
- Tea bag
- Phone Charger

If you plan on bringing a sewing machine, iron, light or any other electrical device, **please plan on bringing an extension cord.**

Optional Items

- Games/Puzzles (Labeled with your name)
- Movies (Labeled with your name)
- Favorite Chair/Pad



We want the weekend to fit YOUR needs. Some activities are planned, but only the worship service is encouraged. Go to bed whenever you want and feel free to sleep in. You DO NOT NEED to be a crafty person or work on a project to attend.
Just come and fellowship with us.
Join us for a relaxing, restful weekend!

Check One Option:

- Deposit (nonrefundable).....\$25
No deposit needed if paid in full

All Weekend:

- Total Weekend Shared Room.....\$80
 Total Weekend Single Room.....\$115
 Total Weekend Shared Lodge.....\$110
 Total Weekend Single Lodge.....\$165

Partial Weekend:

- One Night Shared Room.....\$50
 One Night Shared Lodge.....\$70
 One Night Single Lodge.....\$110
 All day Saturday with Supper.....\$20
 All Weekend Meals with No Room.....\$30

- Single Rooms are limited availability. Registrations turned in first will receive priority.
- Scholarships are available if you are financially unable to pay. For more information or to contribute to a scholarship, please contact Cheryl at 507-829-1317.
- The lodge is across the street from the main hall. It has no steps and is handicap accessible. Each room has an individual bathroom.

