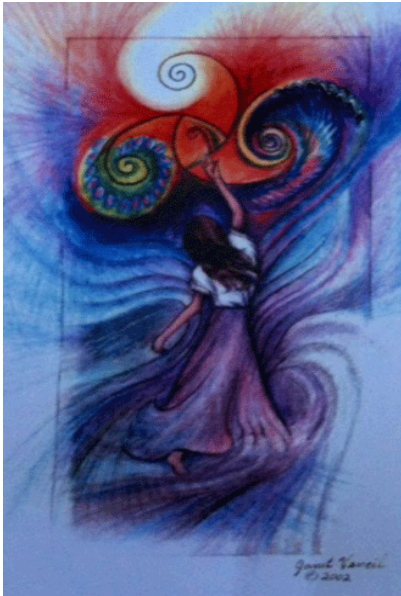


Welcome to the BYM Women's Retreat

Important Retreat Information



Women of Power & Presence:

Sharing stories of courage and transformation

January 27-29, 2012

Stepping into our power can be a present we give ourselves in the moment. Sometimes we do it because it seems like the right thing to do. At other times it seems like the only choice available to us.

Moving through the butterflies, inertia, self-doubt and indecision, we find the strength and courage to speak up, stand up and stretch to our highest selves. Sharing our stories isn't bragging; it's validating ourselves and inspiring to others.

Skycroft Conference and Retreat Center
9621 Frostown Road
Middletown, Maryland 21769
301-293-2202

BYM Contacts – Sandy Spring Planning Committee Cell Phones:

Ann: 240-277-0828

Bette: 202-329-4667

Barb: 240-876-9336.

ARRIVAL:

- Plan to arrive Friday afternoon between 4:30 and 6:00 to check in at Gresham Hall. Gresham is also the location of the dining room. There you will:
- Sign in – get your name badge and worship sharing number and meeting place. Your name badge and more information will be waiting for you!
- Choose your lodge bed or pick up your motel room key – if you are staying in a lodge, you will choose your lodge and bunk. You can also look for the names of others you want to lodge with!
- Sign up for your workshop(s)
- Ask any questions!

Dinner will be served from 6:00 – 6:45 pm. If you arrive later and need to eat, plan to stop at one of these places: The He Brews coffee shop at Skycroft will be open Friday evening only. Boonsboro has Subway, Chinese, pizza and Middletown has a restaurant called the Main Cup.

WHAT TO BRING:

- Boots, hat, gloves, long underwear and other clothes that you can layer;
- Robe and slippers;
- For lodges – bed linens and plenty of blankets or a sleeping bag (pillow provided);
- For motel rooms – extra blanket recommended;
- Mug for coffee/tea; cloth napkin; water bottle;
- Something to contribute to the snack shack (place on tables in main meeting room);
- Camera;
- Hula Hoop;
- Yoga Mat;
- Journal/paper and pen;
- Toiletries and towel;
- If you have special dietary needs, bring food you can eat even though the menu includes many choices that are vegetarian, vegan, gluten-free and dairy-free at every meal. Refrigeration is available.
- Your own medications and/or medical equipment;
- Flashlight;
- Money – there will be a book store and craft tables.

DIRECTIONS:

If you have trouble getting there, you can call any of the numbers listed above or Skycroft at 800.536.6759

From Central Pennsylvania

US-15 South to Frederick
Turn Right (West) I-70 Exit 4 3.8 miles
Exit 49 US-ALT 40 Bear Left (West) 8.4 miles
Turn Right onto Washington Monument Road .9 miles
Turn Right onto Monument Road .5 miles
Turn Right onto Michael Road .5 miles
Turn Right into Skycroft Conference Center
Approximate time from Gettysburg, PA - 1 hour

From Washington DC

I-270 North to Frederick
I-70 West to Hagerstown
Bear left onto I-70 West
Exit 49 US-ALT 40 Bear Left (West) 8.4 miles
Turn Right onto Washington Monument Road .9 miles
Turn Right onto Monument Road .5 miles
Turn Right onto Michael Road .5 miles
Turn Right into Skycroft Conference Center
Approximate time from Washington, DC - 1 ½ hours

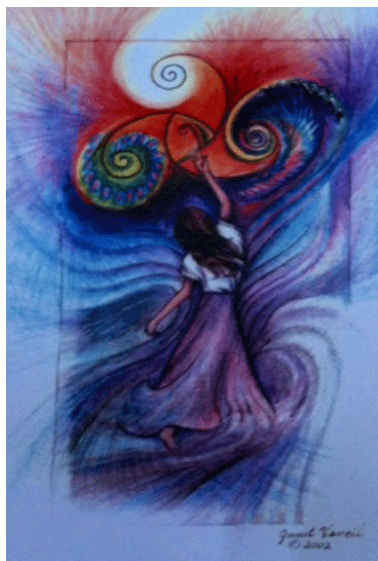
From Baltimore

I-70 West to Frederick
Exit 49 US-ALT 40 Bear Left (West) 8.4 miles
Turn Right onto Washington Monument Road .9 miles
Turn Right onto Monument Road .5 miles
Turn Right onto Michael Road .5 miles
Turn Right into Skycroft Conference Center
Approximate time from Baltimore - 1 ½ hours

From Western Maryland

I-70 East to Frederick
Exit 32A US-40 East on 2.8 miles
Right on SR-66 4.3 miles
Left on US-ALT 40 2.3 miles
Turn Left onto Washington Monument Road .9 miles
Turn Right onto Monument Road .5 miles
Turn Right onto Michael Road .5 miles
Turn Right into Skycroft Conference Center
Approximate time from Cumberland, MD - 1 ½ hours

Note: at the stop sign in front of the Washington Monument State Park, turn right onto Monument road and make the next right onto Michael Road. There are good signs to Skycroft. Go ½ mile and turn right onto the Skycroft driveway.



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Skycroft Conference Center

All Meals will be in Gresham Dining Room
All Singing, Chanting, Meetings for Worship
and Plenary Address will be in
Gresham Large Meeting Room

Friday January 27

- 4:30-6:00 Registration – *Gresham Lobby*
- 6:00-6:45 Dinner
- 7:00-7:15 Chanting
- 7:15-8:15 Gathering, Meeting for Worship and brief business
- 8:30-9:30 Worship sharing #1 – *Various Rooms*
(A Quiet room for Meeting for Worship is available during all worship sharing times)

Saturday, January 28

- Early Morning Activities (Nature Walk, informal Yoga)
- 7:45-8:30 Breakfast
- 8:45-9:00 Hymn singing
- 9:00-11:00 Plenary Panel – Women of Power and Presence
- 11:15-12:15 Worship Sharing #2 – *Various Rooms*
- 12:30-1:15 Lunch
- 1:30-3:30 Workshop session #1 – *Various Rooms*
- 3:45-5:45 Workshop session #2 – *Various Rooms*
- 6:00 –6:45 Dinner
- 7:00-8:00 Sacred circle dances led by Peggy O’Neill – *Nelson Gym*
- 8:15 Coffee house, stargazing, dancing, drumming, etc – *Gresham Large Meeting Room*

Sunday, January 29

- 7:45-8:30 Breakfast
- 9:00-10:00 Worship sharing #3 – *Various Rooms*
- 10:15-10:45 Chanting
- 10:45-12:00 Meeting for Worship and Closing Session
- 12:00-12:45 Lunch
- 2:00 Departure

SKYCROFT GUIDELINES

**There are "No Trespassing" signs located behind Poplar, Western and Hickory Lodge. Please inform your group NOT to go beyond these signs onto our neighbor's property.

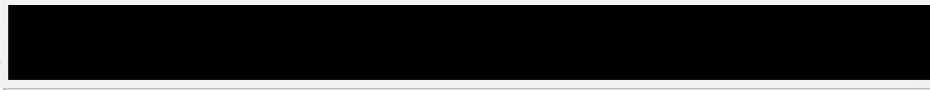
**Use of candles in any Skycroft building is strictly prohibited.

**Please NO smoking in any facility at Skycroft. Smokers should do so out in open areas and not around buildings. A fee of \$30 will be charged for anyone smoking in any Skycroft facility. Groups will be charged for each room in which smoking occurs.

** Alcohol and non-prescription drugs are strictly prohibited at Skycroft.

**Please use only the specific rooms/space you have been assigned. Do not enter areas/buildings not assigned to your group.

**Quietness should be observed from 11:00pm to 6:00am. It is likely that there will be other groups in camp with you. Please be considerate of their need for rest during this time.



**Fireworks, firearms, bb guns, sling shots, motorized bikes, knives and any other items deemed dangerous by Skycroft are not allowed.

**Cooking of any kind is not permitted in any lodge or conference space. Snacks are permitted in conference spaces and lounges only. With prior permission, cooking is allowed in the kitchen of the Hickory House. No food is allowed in sleeping areas.

**Please, no pets allowed.

**Speed limit is 10 MPH while on Skycroft grounds.

**Checkout for sleeping facility is 11:00am. Checkout time for all other facilities is 2:00pm.

**Build fires in your group's designated fire ring only. There is firewood cut on the trails for your use however your group will be responsible for gathering. Skycroft provides a "fire starting kit" (starter log and matches) which will be given at the time of registration.

**No food or drink is permitted in gym, racquetball courts, weight room or game room. Food and drink are restricted to the lobby and snack area.

**No kicking of balls in gym, weight room, racquetball/wallyball court.

** Adult leadership must be present in gym, weight room and game room, when youth are present in these areas.

**Group leaders are responsible to convey and enforce all Skycroft policies and guidelines.

**YOUR GROUP IS RESPONSIBLE FOR DAMAGES RESULTING FROM INTENTIONAL OR NEGLIGENT ACTS OR MISUSE OF THE SKYCROFT FACILITIES.