

# Stepping Out, Disciple Style!



What is your disciple style?  
Where have your shoes taken you?  
Where will you and your shoes go next?  
How will you step out and follow Jesus?



Step out with us for a weekend of spiritual renewal, relaxation, and fun with wonderful women surrounded by the peace and beauty of Lake Texoma at the lovely Prothro Retreat Center.

Through worship, laughter, lively discussion, activities, and study, we will explore disciple style and discover more about stepping out in style as disciples of Christ.

Join us to relax, make new friends, refresh, and just be.



Our retreat style is casual, comfortable, and relaxed—comfy walking shoes (or slippers!) and favorite stretchy clothes...

You will be treated to good food, clean and modern hotel-style accommodations (private bathrooms and no bunk beds!), and you may select your roommate(s) if you wish.



Every effort will be made to help you feel welcome and comfortable.



**2012 Women's Retreat**  
First United Methodist Church, McKinney, Texas  
Presented by Patty Froehlich, Associate Pastor  
and the amazing women of our church

Step into . . .



Study  
Relaxation  
Prayer



Labyrinth  
Worship  
Singing



Laughter  
Yoga  
Zumba



Silent Auction  
Book swap  
Mission



Coffee café  
Sweet treats  
Crafts



Free time  
Pampering  
New friends



Naps  
Surprises  
Walking on the beach



Cost for the weekend is \$150 including lodging, meals, and all retreat materials

\$75 deposit due November 21

\$75 balance due January 24

Space is limited; register soon!

Payment plans & some half scholarships are available.  
For more information, contact Patty Froehlich,  
[pfroehlich@sharingtheheart.org](mailto:pfroehlich@sharingtheheart.org)  
[www.sharingtheheart.org/womens-retreat](http://www.sharingtheheart.org/womens-retreat)

Detach and return to Patty Froehlich with payment.  
Completed form and deposit required to hold your space.

Amt. Pd: \_\_\_\_\_  
Date: \_\_\_\_\_

## REGISTRATION FORM

### 2012 Women's Retreat — "Stepping Out, Disciple Style!"

Friday, February 24 - Registration begins at 5 pm; dinner at 6 pm  
Sunday, February 26 - Depart at noon

**To register** and hold your space, return both the completed form and payment to Patty Froehlich in the church office. Registrations and room type requests are given priority based on the date all payments have been received from all the roommates.

**Payment:** Cost is \$150. Checks payable to FUMC with "women's retreat" in the memo line. \$75 deposit due November 21; \$75 balance due January 24. Space is limited so please register soon.

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

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

**Phones:** \_\_\_\_\_

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

**Room Preference:** Room type requests are accepted on a first-paid basis, based on the date all payments have been received from all the roommates. Every room has a private bath and 2-4 beds.

**Check one:**  
**No Preference** \_\_\_\_\_ or **Cabin** (2-4 people): \_\_\_\_\_ or **Lodge** (2-3 people): \_\_\_\_\_

**Roommate(s) Preference:** \_\_\_\_\_  
Roommates must each request each other. Maximum of 4 per room.

**Yes, I would like to help with the retreat!** \_\_\_\_\_

**I would like a t-shirt:** Yes \_\_\_\_\_ No \_\_\_\_\_

**Short sleeves, \$12** \_\_\_\_\_ or **Long sleeves, \$15** \_\_\_\_\_  
Please add t-shirt payment to your retreat payment

**T-shirt size: (circle one)** Women's shirt is a little shorter than men's with a "lady's fit" but is not a fitted tee.

**Women's:** S M L XL 2XL  
**Men's:** S M L XL 2XL 3XL



*Please read and sign below:* "My signature indicates that I understand that the church is under contract with the retreat facility to pay for my lodging, meals, and facility use and that retreat materials are being purchased for me, with payment in full of \$150 due in the church office no later than January 24 to hold my reservation, and that no refunds can be given after that date."

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_



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## 2012 WOMEN'S RETREAT

FIRST UNITED METHODIST CHURCH, MCKINNEY, TEXAS

### February 24 - 26, 2012

Friday evening  
through  
Sunday morning

Prothro Retreat Center  
at Lake Texoma