



NH CONFERENCE, UNITED CHURCH OF CHRIST
NH WOMEN'S FELLOWSHIP
WOMEN'S LINK

FALL 2019

NHCUCC WOMEN'S FELLOWSHIP FALL RETREAT 2019

CAMP SENTINEL, Tuftonboro NH

Overnight: Friday–Saturday, September 27–28, 2019

THE NOW OF YOU

This retreat will be “A Weekend of Mindfulness and SoulCollage®” with the Rev. Dr. Deborah Roof and Liz Greenberg, both from East Derry NH. The Rev. Dr. Deborah Roof, Senior Pastor and Teacher of First Parish Congregational Church, UCC, in East Derry, will present interactive sessions on mindfulness, simplicity, and gratitude. Deborah is a life-long learner, not only in Christian theology, but also in non-Christocentric wisdom traditions such as Celtic Spirituality and the teachings of Deepak Chopra, Caroline Myss, and Marianne Williamson.

Liz Greenberg, L.I.C.S.W. and SoulCollage® facilitator, will guide you in using your intuition and inner wisdom to create a SoulCollage® Deck, “The Story of You.” Creating your Deck can be a profound and sacred experience. You will love your Deck. SoulCollage® is a creative, fun, relaxing, and meditative process of self-expression and self-exploration using simple materials—scissors, magazine images, glue sticks, and mat boards. A wealth of trimmed images will be made available for you to browse, as you let your imagination run free and your creative inner child engage in the joy of playfulness and creating your own cards. Your SoulCollage® Facilitator will provide some instruction and guidance in tips and techniques with some examples from her own extensive card deck, as well as suggestions for ways to gain a deeper, richer experience of engagement with your own Inner Wisdom! I love the happy hum of energy that happens when a group of Wise Women are creating together. We will end our time together sharing a “Gallery Walk”—a time to honor our gifts of creating and to honor one another!

NEW HAMPSHIRE CONFERENCE UNITED CHURCH OF CHRIST (NHCUCC) WOMEN'S FELLOWSHIP is compiling a booklet entitled *Prayer, Prose, and Potpourri*. The booklet will consist of favorite prayers and sayings or inspirational readings you have found humorous or helpful during your lives. We wish to compose the booklet so that we can share our faith with each other and those women we meet along the way. Deadline for submissions is **AUGUST 1**; the booklet will be ready in September. The booklet will be sold and the proceeds will be used for scholarship money to aid women in attending Women's Gatherings and Retreats.

If you wish to submit to the booklet, do so by e-mailing the piece you wish to share to Margie Kreitler, chair of the NH Women's Fellowship, at mvkreitler@gmail.com. Questions? Call Margie at 603-279-6150.

THE REV. DR. DEBORAH ROOF—*MINDFULNESS*—The Rev. Dr. Deborah Roof has worked professionally as a full-time pastor and teacher in the United Church of Christ since November 2003. Originally from western New York State where she attended the University of Rochester and Colgate Rochester Crozer Divinity School and served UCC and PCUSA churches in the Rochester area, Pastor Deborah moved to New Hampshire with her wife, Liz Greenberg, nearly six years ago. Pastor Deborah has a passion for learning and for the wealth of guidance that the biblical scriptures offer to us even now thousands of years after they were written. “There is no expiration date on truth,” she says.

Pastor Deborah is also an explorer of spirituality, notably Celtic Spirituality and John Phillip Newell, as well as the wisdom traditions with teachers such as Marianne Williamson, Caroline Myss, and Deepak Chopra.

Recently Pastor Deborah became a Veriditas-trained Labyrinth Facilitator and looks forward to presenting labyrinth experiences in the NH Conference in the near future.

Pastor Deborah and Liz enjoy getting to know New Hampshire and New England better. They often take day trips exploring, seeking out the next waterfall, the next spot to put in their kayak—or the next homemade ice cream stand!

Prior to ministry, Pastor Deborah was a teacher of French and Spanish in high schools and colleges in the Rochester NY area. She spent her junior year in Paris, France, and went back after graduating to teach English in a French high school for a year. The region of Brittany, France, is her second home. She says that’s why she loves Maine so much—it reminds her of Brittany!

LIZ GREENBERG—*SOULCOLLAGE*®—Liz Greenberg graduated with a BA from San Diego State University, Liberal Arts in Women’s Studies & Religious Studies in 1980; from MSW State University of New York at Buffalo in 1988, and SoulCollage® Facilitator Training in September 2013. Her experience includes: Catholic Family Center 1989-1994 Family Therapist, Crest wood Children’s Center Day Treatment Program, 1995–2001; Family and Individual Therapist/Classroom Consultant; St Mary’s/Unity Hospital, Home Based Crisis Intervention Program, Family Therapist & Supervisor 2001–2008; Unity Hospital, 2008–2013, Financial Assistance/Social Work Team, Supervisor; and C.R.E.A.T.E! Center for Expressive Arts Therapy and Education, Individual Therapist and Supervisor, 2014 to Present. She has been serving churches and other groups as a SoulCollage® Facilitator, Independent Presenter since 2013.

Liz has been in the mental health profession for over 30 years, working with individuals and groups to further wellness and healing. She especially enjoys working with women, individually and in groups, to assist them in finding their own inner wisdom and authentic, unique voices! Liz loves to teach and use SoulCollage® as one powerful tool to reach this goal in her work with others and in her own personal quest for self-knowledge and growth.

SoulCollage® is a deceptively easy process using simple tools like glue, scissors, and images from magazines and other sources to create a deck of cards that express deep inner aspects of one’s self. Cards are created either intentionally or intuitively and their meaning is revealed through a process of dialogue journaling.



THE WOMEN’S CONNECTION OF THE FIRST CONGREGATIONAL CHURCH, Manchester NH, has recently published an all-church cookbook called “Bon Appetit.” The profits are designated for the future kitchen remodel project. We have more books if you didn’t buy one at the Spring Gathering and would like one. Just contact the FCC office at 603-625-5093 and arrangements can be made. The cost is \$12.50 for the book, \$15.50 if it needs to be mailed.

NHCUCC WOMEN'S FALL GATHERING 2019
CAMP SENTINEL, TUFTONBORO NH

THE NOW OF YOU

TENTATIVE SCHEDULE (SUBJECT TO CHANGE):

FRIDAY, SEPTEMBER 27

2:00–5:00Registration, waterfront activities, labyrinth, hiking, indoor activities
.....Dinner
.....COMING TO THE NOW WITH SACRED PATHWAYS
.....Campfire Vespers—the Rev. Dr. Deborah Roof

SATURDAY, SEPTEMBER 28

7:00Enjoy a brisk morning walk led by Diane Wells
8:00Breakfast
.....Worship with communion—the Rev. Dr. Deborah Roof
.....BEING IN THE NOW WITH SOULCOLLAGE®
12:00Lunch
1:00GROWING THE NOW WITH A GALLERY WALK
.....Closing (Around 3:30)

REGISTRATION FORM for Women's Fellowship **2019 Fall Retreat**. Early registration is \$80 when postmarked by September 10. Late registration is \$90 after September 10. Fee includes overnight accommodations (but no bed linens), Friday dinner, and Saturday breakfast and lunch—Make checks payable to: **NHCUCC Women's Fellowship**. **All registrations and checks are due by September 22**. Mail all registrations and checks to Trudie Bergeron, 46 Nantucket Place, Greenland NH 03840. Questions? Contact Trudie at TrudieGlenn@yahoo.com or 603-828-4200. **IMPORTANT:** Please call, text, or e-mail Trudie by **August 15** to let us know if you are **planning** to attend Camp Sentinel... **THE WOMEN'S FELLOWSHIP AND CAMP SENTINEL NEED TO PLAN—PLEASE HELP US.**

Name _____ Church _____

Address _____

Telephone Home _____ Tel. Cell _____

E-mail (if none, please write "None") _____

Emergency contact—name and telephone number: _____

Do you **REQUIRE** a first-floor bed?—there are only eight beds on the first floor. Yes _____

Special Dietary Needs? If yes, please explain: _____

Camp Sentinel will do their best to accommodate special diets if you register in a timely manner. Do **NOT** expect dietary accommodations if you register after September 15!!!

PLEASE MAIL EARLY; DO NOT WAIT UNTIL THE DEADLINE!

SCHOLARSHIPS AVAILABLE: The Women's Fellowship is offering twenty (20) \$50-scholarships to the two-day retreat in Tuftonboro. If you cannot attend the retreat without assistance, please complete the scholarship application (see page 7) and mail to Dot Pitman, 12 Maple Knoll Drive, Hollis NH 03049. Send Registration and \$30 to Trudie by August 15. Successful applicants will receive a credit of \$50.

**FALL OVERNIGHT RETREAT
IMPORTANT INFORMATION**

NO LINENS ARE SUPPLIED—you will have to bring a **sleeping bag** or **sheets**, blanket, pillow, **towel**, and **wash cloth**. You might also want to bring a **flashlight**, mosquito **repellent**—non-aerosol, and maybe a folding chair—although there are plenty of benches around. There is also a very small camp store.

Camp Sentinel is located in the foothills of the Ossipee Mountain range in Center Tuftonboro, New Hampshire. Sentinel hosts year round rustic retreats and is known for its home-cooked meals, attention to detail, and Christian hospitality. Amenities include: five unique hiking trails, large field, chapel for up to 200 guests, and more. The camp provides solitude on its 645 acres and over a mile of water frontage on crystal clear Dan Hole Pond, formed from a former volcano. It is just minutes from Lake Winnepesaukee, North Conway shopping outlets, and family attractions.

Some basic policy rules:

- No swimming alone. You **MUST** have a buddy, and there **MUST** be a lifeguard on duty.
- No alcoholic beverages or illegal drugs are allowed on the grounds.
- Smoking is not allowed in any building or on the grounds.
- No pets are allowed.
- The property and buildings must be left clean and all furniture returned to original place upon departure.
- For more information, visit www.campsentinel.org.

There are three to seven beds in each room in the lodge. There are bathrooms on the main floor and the third floor. There are three-plus beds in each cabin. Most cabins do not have bathroom facilities within—there are outside bathrooms shared by all the cabins.

DIRECTIONS:

CAMP SENTINEL
29 Sentinel Lodge Road
Center Tuftonboro NH 03816
603-539-4839 • WWW.CAMPSENTINEL.ORG

VIA SEACOAST: Off Route 16 onto Route 171 for about 8 miles to Camp Sentinel sign, turn right onto Canaan Road. Turn right at the top of the hill into the camp.

VIA WOLFEBORO: Bear left off Route 28 onto Route 109A to Tuftonboro School (8 miles), then right on Ledgehill Road for 3 miles to Route 171. Turn left on Route 171 for ¼ mile. Look for the Camp Sentinel sign and turn right on Canaan Road. Turn right at the top of the hill into the camp.

VIA I-93: Travel towards Meredith. Go East on Route 104 to Route 3. Left on Route 3 to stop lights in Meredith Center. Right on Route 25 to Route 109. Right on Route 109 to Route 171 (Left at fork). After 6 to 7 miles, look for the Camp Sentinel sign, turn left onto Canaan Road. Turn right at the top of the hill into the camp.

THERE IS NO WHITE ELEPHANT TABLE AT RETREATS
