FMC COMMUNITY RETREAT

Building Hope and Resilience

WHEN? 6pm March 28 – 1pm March 30, 2025

WHERE? Woolman Hill, Deerfield, MA

WHO? Everyone in our FMC Community

WHAT? Exploration, sharing, worship and Laughter



There will be intergenerational activities and a program for children.

Families are encouraged to come!

- Ministry and Counsel is sponsoring a community retreat starting at 6pm on Fri. March 28 at Woolman Hill in Deerfield, MA. The retreat will run through lunch on Sunday, March 30th, ending around 1pm.
- The location is roughly a two-hour drive from FMC. Ride-shares can be coordinated--just indicate your interest on the registration form and we will be in touch.
- The retreat offers a great opportunity for reflection, relaxation, and fellowship.
- What you can expect: Throughout the retreat we will explore in one-on-one, small & large group discussions topics that are related to the theme of Building Hope and Resilience. Topics include:

Exploring Darkness and Despair/Hope and Resilience
Exploring Quaker Historical Concepts of Hope/Resilience
How Do I Build My Own Resilience?
How Do I Seek the Light?

Finding Resilience in Community: Worship/Witness/Community--How Does Each Build Hope and Resilience?

\$200 per Adult for the weekend (lodging and 6 meals). Scholarships are available.

With gratitude to an anonymous Friend, children are free.

Registration Form

Name of Adult(s) Attending:					
Name(s) & Age(s) of Childre	n Attending:				
Mailing Address:					
Email Address:			Telephone		
Vegetarian:	□ Yes	□ No			
Other dietary needs: _					_
Transportation:	□ Ride Ne∈	eded 🗆	Ride Offered (# can take)	
Scholarship Needed:	□ No	□ Yes	Amount Red	quested:	
There are various housing o	ptions:				
Rooms in the main building bunkbeds and 2 singles. (ro	,	•			e are two rooms with
The Red House has two be	edrooms with	space for 4	-5, kitchen, and ba	athroom.	
The cabins sleep 2, 4, or 5 running water. Each has an	•		•	•	•
What is your housing prefere	ence and tole	erance?			
Registration for Retreat:		\$	\$		
Additional donation towards a Scholarship:			\$		
TOTAL SUBMITTED:			\$\$		

Please enclose your check, payable to Friends Meeting at Cambridge & mail to:

Friends Meeting at Cambridge, 5 Longfellow Park, Cambridge, MA 02138 (Due by March 16th)

Questions? contact Sandy Sweetnam/Jan Nisenbaum through allmeetingretreat@fmcquaker.org