

Join us for Central's fall retreat for families! This fun getaway focused on families with children provides space for making deeper connections: with each other, with nature, and with God.

After the patterns of a new school year have taken hold, families are encouraged to get away, and have time for fun, relaxation, church friends, prayer and good meals.

Scheduled activities include group meal times, Sunday morning worship in a sunlit chapel and some child activities. However, this retreat is designed for you to enjoy ample free time. There is time to read, do homework, play games, go on hikes, talk, canoe, nap and meet new friends.



FUN ACTIVITIES TO ENJOY!

- Canoeing
- Paddle Boats
- Walk the Labyrinth
- Hiking Trails and Nature Walks
- Pontoon Boats (available for rent)
- Campfire by the Lake
- Foosball & Ping Pong
- Swing Set Playground
- Bird Watching
- Board Games
- Basketball
- Volleyball
- Billiards
- Sauna



www.cpcstpaul.org

500 Cedar Street
Saint Paul, MN 55101
(651) 224-4728 | office@cpcstpaul.org

FALL RETREAT FOR FAMILIES

October 4-6, 2019



DESTINATION

Koinona Retreat Center
7768 Pilger Avenue NW
South Haven, MN 55382
www.koinoniaretreatcenter.com

- 75 miles West of Saint Paul
- Nestled next to Lake Sylvia

ACCOMMODATIONS

Individual rooms for families with two twin beds. Families of 4 or more are welcome to use additional rooms. Bathrooms are down the hall from the bedrooms. Bed linens, blankets, and pillows are provided, with families providing their own towels and toiletries.

Meals are included and served buffet-style, with lots of options for people with different tastes and diets. As an added bonus, Barb Westman, Central's Wednesday Lunch Chef, will be hosting dinner on Friday at 6:30 p.m. at her home - just down the shoreline from Koinonia. There is an added cost of \$10 per adult to participate. Children are free.

COSTS

Housing for two nights, three meals on Saturday and two meals on Sunday is \$115 per adult and \$60 per child (ages 5-16). Children under 5 are free.

Scholarships are available for those in need of financial help to be able to attend. Please contact dcolby@cpkstpaul.org to make arrangements.

Registration fees are due September 15.

*"This is a nice chance to get away for a spell.
The grounds are beautiful and it is a fun getaway for
the whole family."*



*"The retreat is a great way to help the church kids
develop and maintain relationships with each other,
providing more time to spend together aside from
the 1-2 hours on a typical Sunday."*

2019 FAMILY RETREAT REGISTRATION

*To register, fill out and return this page
to the office or worship offertory plate.*

RSVP BY SUNDAY SEPTEMBER 15

Parent(s)/Guardian(s): _____

Phone: _____

Email: _____

Child: _____

Child: _____

Child: _____

Child: _____

Are you also attending Friday night dinner?

YES NO

Food allergies/dietary requests:

FEES ARE DUE OCTOBER 4.

Questions?
Katie Morris, Children & Youth Ministry
katiem@cpkstpaul.org
(651) 224-4728 ext. 109