

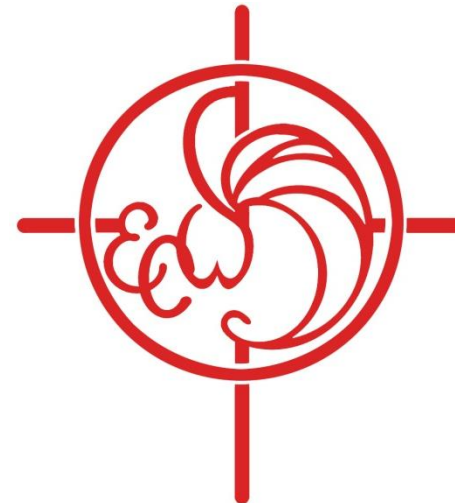
ECW Retreat Chairperson
Amy Swiernik
20 Spring Hill Lane
Mountville, PA 17554

Episcopal Church Women Cape May Retreat

19th Year Celebration
September 26th – 28th, 2014

“Healing Waters”

Presented by The Reverend Elaine Ellis Thomas
St. Edwards Episcopal Church, Lancaster
Diocese of Central PA, Harrisburg



*The Cross represents Christ
and our service to Him in the world.
The Circle stands for our Hope for wholeness in our lives.
The out flowing lines from the center depict the many works of
the Episcopal Church Women, going out into the world.
The intertwined lines represent our lives centered in Christ.*

Episcopal Church Women,

The Diocese of Central Pennsylvania Episcopal Churchwomen invite all women to come and celebrate our ministries as women in the Body of Christ, the Church, in Cape May, NJ on September 26 - 28, 2014. *Jesus said to them, 'Come away with me. Let us go alone to a quiet place and rest for a while.'* (Mark 6:31) The Rev. Elaine Ellis Thomas will be presenting a program entitled, "**Healing Waters**". *Water has the power to cleanse, heal, and refresh. What better place than the ocean to experience all three! Come for an opportunity to explore the places in your life that are in need of healing, of being washed clean, of being renewed. As is the custom, Saturday afternoon will be left open for those who enjoy time in shopping and other leisure activity, but there will also be time planned for those who would like to continue in quiet reflection and conversation as part of the retreat.*

Lodging will be offered oceanfront at the Marquis de Lafayette Hotel at 501 Beach Avenue. **Rates have been lowered and the additional per person fee over two has been eliminated – lowering the weekend cost!** Renovations have been completed throughout the hotel in the dining room, guest rooms and the pool area. **All participants are to call and make lodging reservations for themselves and their roommates.** A block of rooms has been reserved until Friday August 22, 2014. You must ask for Joan Haber at extension 151, to receive the group rate. You will **also** send a registration form to the ECW coordinator for the cost of the retreat itself.

All retreat sessions will be held at The Marquis de Lafayette Hotel in the dining /conference room starting with Session One on Friday evening at 7 pm. This room is where we with gather throughout the retreat weekend for sessions and social time. Retreat attendees are welcome to make hotel accommodations elsewhere in the area and come to the Marquis for the retreat sessions. Eucharist on the beach will happen again!

We will attend The Church of the Advent on the corner of Washington and Franklin Streets, Sunday for the 8am service. Marquis guests will have breakfast immediately following. People staying in other hotels may



purchase breakfast at the door and enjoy a huge breakfast with the group.

The Episcopal Church of the Advent
at the corner of Franklin and
Washington Streets

Registration Form:

— Supper Friday September 26th, 2014 is on your own.

I have made my reservation for soft and sumptuous at:

Marquis de Lafayette Hotel - 501 Beach Avenue 1-800-257-0432
Ask for Joan Haber, ext.151 to get the group rate for ECW.

— Includes: 2 nights lodging, Sat. All American breakfast and Sun. Brunch at the Marquis after 8am Church service. (Reservation Deadline August 22, 2014 – block of rooms released)

— I am lodging someplace other than the Marquis.

Retreat Program Cost: – Fee \$25.00, includes; speaker costs, mailings, supplies, etc. Checks payable to “Diocese of Central PA ECW”.

NAME: _____

ADDRESS: _____

(Stick a return address label here. Save some writing.)

PHONE # _____

E-MAIL: _____

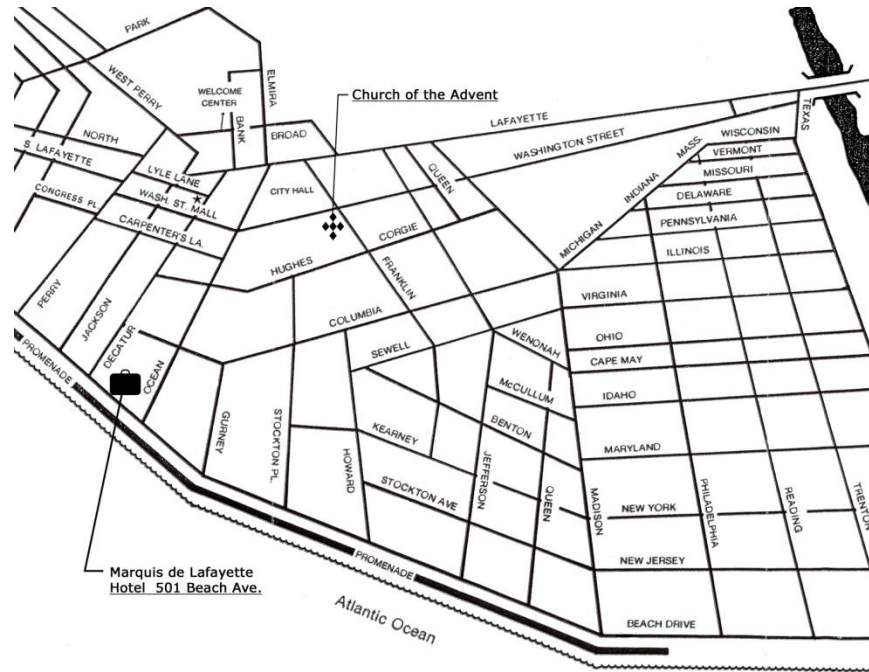
To confirm registration.

PARISH: _____

Please make retreat cost checks payable to **Diocese of Central PA ECW** and mail together with your registration to:
Amy Swiernik at 20 Spring Hill Lane, Mountville, PA 17554
717-285-2036 amyecwcpa@comcast.net

Deadline September 12, 2014 - Should you need to cancel before 9/12/14, \$5 is non-refundable, after 9/12/14 there is no refund, unless there is an emergency situation.

Map of Cape May



Directions:

From PA Turnpike 76 East - to PA 276 across bridge into New Jersey to Exit Camden South for NJ Turnpike South. Take Exit 4 (Rt.73 North toward Philly) then follow signs to 295 South getting onto Rte. 42 & the Atlantic City Expressway East, from AC Expressway take the Garden State Parkway South, straight to Route 109 South, cross Cape May Bridge, remain straight on Lafayette Street into center of town, see map above. Turn left onto Decatur Street to left on Beach Ave. Hotel on your left.

What to Bring:

- Bible, Book of Common Prayer.
- Chairs or towels for Eucharist on the Beach.
- Walking shoes, comfortable clothes.
- Snack or drink to share at evening social time.
- Camera.
- Did I mention chocolate?

Tentative Schedule of Events

Friday Evening:

4:00 – 7:00 pm

Check-in at Marquis de Lafayette.

6:30 - 7:00 pm

Registration in Marquis Hotel dining room.

7:00 – 8:30 pm

Session One – gather in the Marquis Hotel dining room.

8:30 pm

Compline.

8:45 – 9:30 pm

Social Gathering – light refreshments.

Saturday Morning:

8:30 – 10:00 am

Breakfast in the Marquis dining room at your leisure.

10:00 – 11:00 am

Eucharist on the Beach – bring chairs or towels.

11:30 - 1:30 pm

Session Two – Dining Room.

1:30 pm on

Free Time (beach, shopping, eat, tea houses, tours, rent bikes or Cape May Zoo)

AFTERNOON and DINNER are on your own – enjoy Cape May.

Quiet Reflection and Conversation with Rev. Elaine Ellis Thomas – “Healing Waters”. Time & place will be arranged on site.

Saturday Evening:

7:00 – 8:30 pm

Session Three – Dining room.

8:30 pm

Compline.

8:45 – 9:30 pm

Social Gathering – light refreshments.

Sunday Morning:

7:30 am

Gather in lobby for Church.

8:00 am

Holy Eucharist at “The Episcopal Church of the Advent”. Walk over or carpool as necessary.

9:00 – 11:00 am

All American Breakfast in the Marquis Hotel Dining Room. Check out and prepare for departure after brunch by 11:00am.

***Schedule Subject to change before retreat weekend.

As always, if you have additional questions don't hesitate to call Amy Swiernik at (717)285-2036 or email 'ECW' questions at amyecwcpa@comcast.net

Lodging:

Marquis de Lafayette Hotel - 501 Beach Avenue 1-800-257-0432

The Marquis Hotel is a six story hotel located on Beach Avenue overlooking Cape May's promenade and the ocean. The totally smoke free hotel is centrally located on the *beachfront* in the Historic District of Cape May. Two short blocks from the Washington Street Mall and four blocks from the Church of the Advent. The rooms are air conditioned, include coffee makers, hairdryers and color cable TV. Refrigerators, microwaves and stovetops are included in the kitchenettes of suite rooms. A majority of the rooms are suites, with two double beds in one room, a bathroom and kitchenette separating the living room with a queen sofa pullout bed, allowing for greater flexibility in the number of people in each room. All rooms are oceanfront including front balconies furnished with rocking chairs. Elevators are located at the end of the building. Each room is assigned one parking space – carpooling is strongly suggested.

All retreat sessions will take place in the dining/conference room of this hotel.

Check the website at www.marquiscapemay.com for a full tour of the facility. Check in time begins at 4:00pm. Late arrivals welcome – please register 6:30 to 7 pm in the dining/conference room for Session One Friday evening. Check out time is 11:00am on Sunday after breakfast.



Hotel Pricing: Call 1-800-257-0432 and ask for Joan Haber, ext. 151 to make your reservations for your stay in Cape May for the weekend of Sept 26-28, 2014 before August 22, 2014. Be sure to make your reservation with Joan Haber ext. 151 to get the group rate for ECW.

Room Options are:

Victoria Rooms - 2 double beds (sleeps 4). \$165.00 plus 7 % tax per night for up to four people, including breakfast both mornings.

Calculated total weekend hotel pricing per person for two nights stay with the following occupancy is:

Double – two people in room, each person pays \$176.55 for the weekend.

Triple - three people in room, each person pays \$117.70 for the weekend.

Quad – four people in room, each person pays \$88.27 for the weekend.

Cape May Suites - 2 double beds, and sofa bed w/kitchenette (sleeps 6). \$185.00 plus 7% tax per night for up to six people, including breakfast both mornings. (Three people can easily sleep comfortably in their own beds in these rooms.)

Calculated total weekend hotel pricing per person for two nights stay with the following occupancy is:

Double – two people in room, each person pays \$197.95 for the weekend (total room cost for weekend \$395.90)

Triple - three people in room, each person pays \$131.97 for the weekend.

Quad – four in room, each person pays \$98.98 for the weekend.

Five – five in room, each person pays \$79.18 for the weekend.

Six – six in room, each person pays \$65.98 for the weekend.