

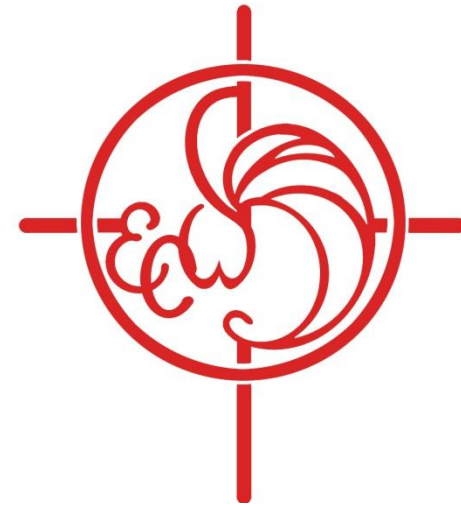
ECW Retreat Chairperson
Amy Swiernik
20 Spring Hill Lane
Mountville, PA 17554

Episcopal Church Women Cape May Retreat

20th Year Celebration
September 25th – 27th, 2015

“Keeping the Monastic Hours in a Secular World”

Presented by The Reverend Charlene Leigh Koser
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 25th – 27th, 2015. The Rev. Charlene Leigh-Koser will be presenting a program entitled, "**Keeping the Monastic Hours in a Secular World**". *"We will explore how honoring the monastic hours (5-10 minute services) can give form to our regular lives in a busy 21st Century world. The "Hours" are a schedule of short prayers that mark the passing of the day. They all have Latin names, but for simplicity we can think of them as early morning, mid-morning, noon, mid-afternoon, evening and night-time prayers. They served as a reminder throughout the work day of the ultimate purpose of all activities for nuns and monks. They can be adapted to your busy schedule to give pause in a crazy schedule that can ultimately help you work clearer and more efficiently."*

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 28, 2015. 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 will 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 8 am 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 25th, 2015 is on your own.

I have made my reservation at:

Marquis de Lafayette Hotel - 501 Beach Avenue 1-800-257-0432
Group Confirmation # 94906 get the group rate for ECW by 8/28/15.

— Includes: 2 nights lodging, Sat. All American breakfast and Sun. Brunch at the Marquis after 8am Church service. (Reservation Deadline August 28, 2015 – 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: _____

E-MAIL: _____
To confirm registration.

PARISH: _____

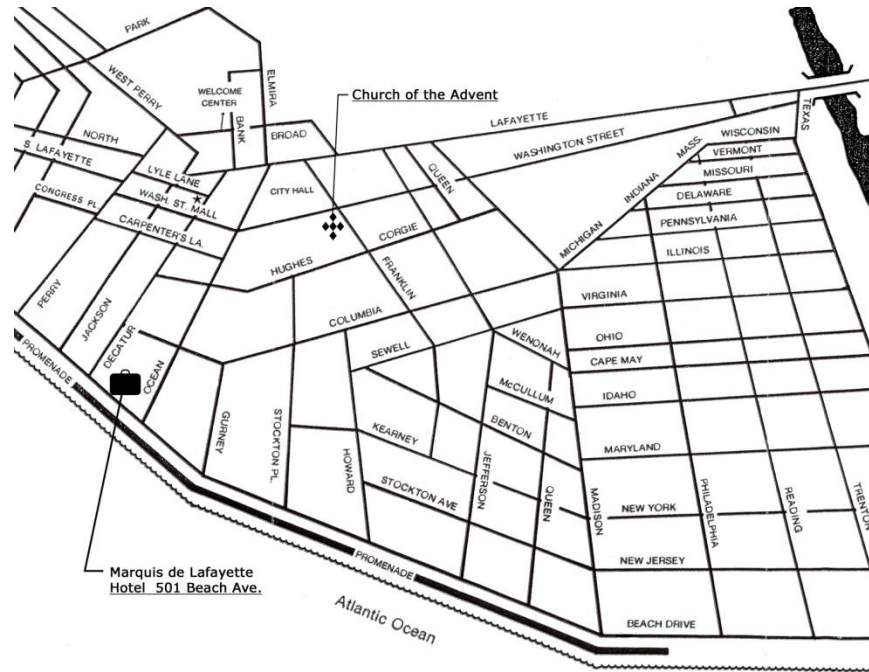
PHONE # _____

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 11, 2015 - Should you need to cancel before 9/11/15, \$5 is non-refundable, after 9/11/15 there is no refund, unless there is an emergency situation. Hotel block released August 28, 2015.

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.

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 queen 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 give the teller the confirmation #94906 which identifies our ECW group to make your reservations for your stay in Cape May for the weekend of Sept 25-27, 2015 before August 28, 2015. Your credit card will be billed when you make the reservations. Group Confirmation #94906.

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.