



## Unitarian Universalist Fellowship of Poughkeepsie

***Annual UUPOK Retreat, Friday, September 27, 6:00pm - Sunday, September 29, 12:00pm, Sharpe Reservation, 436 Van Wyck Lake Rd, Fishkill, NY***

We invite First Unitarian Society of Westchester to join us for our yearly retreat, which includes a worship led by Viola Abbitt, the new minister both our congregations will share in 2019-2020!

Escape into the woods and welcome the turn of the season at the tranquil Sharpe Reservation. Take part in workshops exploring spiritual growth, UU values, and our relationship with nature. Or retreat for quiet time without electronics. Hike, swim, bike, play sports, and join our nightly campfire singalong.

Activities include: early morning yoga; learning about UU pagans; nature crafts; Soul Collage; playing pickleball; hearing about the 2019 General Assembly; boating on the lake, UU history; mindfulness practice (this year's theme is Mindful Kindness); singing around a campfire in the evening; and Sunday Service with our shared minister, Viola Abbitt.

Your cabins will be clean and warm, with blankets provided (bring your own sheets and pillowcase, or rent linen for \$10). The food will be generous and prepared buffet style, with coffee, tea, and snacks available all day long. The main meeting room is six sided with enormous windows looking out at the lake. Though located close to the intersection of Route 9 and I-84, you hear no traffic.

Go to our event page (click [HERE](#)) to register and to see an explanation of all the associated fees. There are different rates based on how long you stay, and a cap for families with children. There are multiple ways to pay! You can pay in advance by check payable to the Unitarian Universalist Fellowship of Poughkeepsie (with "Annual Retreat" in the memo), or you can pay when you arrive, but you must register before the event so we can have a headcount.

Questions? Contact: Nix Vudelle, Unitarian Universalist Fellowship of Poughkeepsie, 609-428-5677, [jgjansen@verizon.net](mailto:jgjansen@verizon.net)