# Mail completed registration form to: Stan Bumgarner Nashville, TN 37229 PO Box 290711

# Join Us For A Weekend Of Fellowship & Fall Colors!



#### Where:

Camp Garner Creek 700 Sam Hollow Road Dickson, TN 37055

#### What:

Workshops, Meetings, Fellowship

#### **Contact Us:**

-Alex O.

Phone: 931-265-0770

Email: weekendretreats19@gmail.com

Request to join our Facebook Event page for the latest updates!!! https://www.facebook.com/groups/23 54289081495771/

\*last update: 8/23/19



# Spiritual Re-Boot Retreat for Adult Children

October 11-13<sup>th</sup>, 2019

\*sponsored by Mt. Juliet ACA group



### **Driving Directions:**

#### From the West:

Take I-40 E towards Nashville and take exit 163 (TN-48) towards Dickson/Centerville. Keep LEFT to take the ramp towards Dickson. Turn LEFT onto Hwy 48/TN-48. In 1.42 miles, turn LEFT onto Sam Hollow Rd. In 2.19 miles, you will arrive at Camp Garner Creek.

#### From the East:

Take I-40 West towards Nashville/Memphis and take exit 163 (TN-48) towards Centerville. Turn RIGHT onto Hwy 48/TN-48. In 1.42 miles, turn LEFT onto Sam Hollow Rd. In 2.19 miles, you will arrive at Camp Garner Creek.

#### From the South:

Take I-65 North or I-24 West to I-840 West towards Memphis/Franklin. In 54 miles, merge onto I-40 West. Take exit 163 towards Centerville. Turn RIGHT onto Hw 48/TN-48. In 1.42 miles, turn LEFT onto Sam Hollow Rd. In 2.19 miles, you will arrive at Camp Garner Creek.

#### From the North:

Take I-65 South and at exit 84B, merge onto I-40 West towards Memphis. Take exit 163 towards Centerville. Turn RIGHT onto Hw 48/TN-48. In 1.42 miles, turn LEFT onto Sam Hollow Rd. In 2.19 miles, you will arrive at Camp Garner Creek.

#### **Retreat Events:**

Main Speaker - JW T. (FL)

Sara S., Reparenting Yourself Workshop – Spiritual tools for developing a relationship with our loving parent

Jim C. (FL), Overcoming Guilt/Shame Workshop – Exploring what ACA and other resources say about healing our guilt and shame

Kim P., Nashville Songwriter – Songs of Recovery and Redemption

Kristianna S., Movement and Meditation – Surrender, relax and partner with your body in a fun, loving way

Stan B., Retreat Leader – Step Three: How do we turn our will and lives over to a God we do not understand?

#### Cost:

Double Occupancy: \$200\*

Single Occupancy: \$250\*

\*COST INCLUDES LODGING FOR 2 NIGHTS AND 5 MEALS PROVIDED BY GARNER CREEK

#### Free Time!

Let's huddle around the fire Friday and Saturday night for music and s'mores! Take a stroll by Garner Creek and explore hiking and nature walk trails. Grab a few new friends for a game of volleyball, softball or horseshoes!

## **Registration Form:**

Female ☐ Male☐  Email: ☐ May we email you for future retreats*  Primary Contact Phone: Texting ok? ☐  Roommate Request (if Double Occ*)  Dietary Restrictions/Allergies?  DOUBLE OCCUPANCY-\$200.00 ☐  SINGLE OCCUPANCY-\$250.00 ☐  How are you paying?  ☐ Check included (Checks must be made payable to Stan Bumgarner)  ☐ PayPal: weekendretreats19@gmail.com (Must be paid by October 1st* to complete registration.	First Name and Last Name:
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Cut registration form on the dotted line and mail to Stan Bumgarner at P.O. Box 290711 Nashville, TN 37229 prior to October 1st, 2019.