

## Presbytery of the Cascades' Older Adult Ministry Network Retreat

**Theme: "Free to Be: The Gift of Years"**

**May 24<sup>th</sup> – 26<sup>th</sup>, 2010**

"Free to Be: The Gift of Years" is the theme of Presbytery of the Cascades' Older Adult Ministry Network Retreat which will be held May 24<sup>th</sup> – 26<sup>th</sup> at Menucha Retreat and Conference Center. The purpose of our retreat is to bring laypersons and pastors in Cascades Presbytery together to share, and to learn, and to establish connections with others who are keenly interested in working with older adults. Menucha is a place that will help you get in touch with your spiritual being. Menucha is located not far from Portland.

The gift of years – the last third of life – comes to many more than realize that these later years are gift, not burden. At our retreat this year, we will learn how to go about embracing the blessings of this time and overcoming the burdens of it. To use the gift of years well, and help others live them well, we need to look at the fears of getting older. Doing this is the spiritual task of later life.

In addition, at our retreat we will also study several

Psalms that older adults can relate to. Ancient Israel expressed in the Psalms the downs and ups of their journey to the God of Israel. However, the Psalms transcend time and space. In many ways, we too are pilgrims on a journey to God through praying.

The retreat will begin at 1 pm on a Monday, and ends at noon that Wednesday. The accommodations have already been booked. Participants will be staying either at Boyd Hall or in the Creevy Complex.



**Boyd Hall**



**Meeting Hall**



### View of the Columbia River Gorge from Menucha

*It's called "Menucha", a Hebrew word meaning "ever-changing stillness." A one hundred acre sanctuary in the Columbia River Gorge. Several hundred feet above one of the nation's epic rivers, this is a place where bald eagles float their shadows across old growth conifers; where trails may lead to heirloom gardens or perennial springs.*

Boyd Hall has a beautiful, open, "surrounded by trees" feeling. A striking westerly view of the Gorge is available from several of its rooms.

In addition to the main meeting room, the Creevy Complex has four housing buildings. Each of these buildings has four bedrooms; and all of the bedrooms in Building D are wheelchair accessible.



**Creevy Complex**

The main meeting room has a high ceiling with exposed beams, a gas fireplace, and windows looking out into the woods.

What can you do? Talk about the upcoming OAM retreat in your Session and congregation. Then, select an Older Adult Ministry Representative from your congregation. Cost of the retreat is \$60. A limited number of scholarships are available to help make it possible for your representative to attend. However, this retreat is open to anyone in the Presbytery of the Cascades with a passion for older adult ministry. To register, contact Dawn Champoux at the Eugene Presbytery office via phone: 1-(800) 926-3223, or e-mail: [dawnc@cascadespresbytery.org](mailto:dawnc@cascadespresbytery.org)