

Covenant – God of Promises

Come and join the women of River Oaks Community Church
at our annual retreat, April 26-28, 2019.

A ROCC Women's retreat focuses on worship and fellowship. This year we'll be teaching on Biblical covenants and how they demonstrate God's sovereign provision for His people. We'll share laughter, small group time, great food, studying His word, bonfires, praying, quiet time, outdoor time, and even free time for a quiet conversation, a nap, some line-dancing, or a swim in the pool!

We'll return to last year's location – Camp Montvale – Harmony Family Services
4901 Montvale Road Maryville, TN 37803

And our schedule will be the same as last year, running from Friday evening through Sunday at noon. We'll wrap up each evening no later than 10:00, and you'll have the option of returning to your home or staying over-night at Montvale. There will be an additional cost of \$20 for staying over-night.

So, here are the highlights of the **schedule** for the weekend:

Friday evening - Registration will begin at **5:00**, with first session beginning at **6:30**. We won't be serving dinner on Friday, so please eat before you come. Please remember to bring a snack and/or beverage to share.

Saturday morning - Coffee will be ready at **7:00** with breakfast being served from **7:45-8:45**. You can come at any time, but the first session will begin at **8:45** promptly.

Sunday morning - A very light breakfast will be available from **7-8:45**, with worship and teaching starting at **8:45**. A celebration brunch will follow at **10:00**. We'll wrap up by noon on Sunday and return to our homes.

The **cost** this year will be \$75 for all three days plus \$20 if you want to spend Friday and Saturday nights there. And there's a \$10 discount if you turn in all forms and fees by Sunday, April 14.

Scholarship funds will be available. If you need financial assistance, there's a place on the application to share that. We'll follow up with you privately.

Special diet requirements will be considered. Share your requests on the application and we'll follow up with you.

Nursing moms and babies are important to us! Please check the box on the applications so we can talk about any special accommodations you may need.

Please bring a snack or drink to share throughout the weekend.

For \$10 Early Bird discount, please submit all forms & fees by Sunday, April 14.

Deadline to register is Sunday, April 21.

If you cancel before Sunday, April 21 we can refund all fees;

Partial refunds will be paid if requested after that.

Directions to Montvale – Harmony Family Center

4901 Montvale Road Maryville, TN 37803

From the intersection of Hwy 321 (Lamar Alexander Parkway) and Montvale Rd, take Montvale Rd heading out of town. Continue on Montvale Road for 8.8 miles. The entrance to Montvale is marked with a large wooden sign and will be on your right. Follow the driveway and watch for signs directing you for checking in.

Alternative Route (best if coming from Townsend area): From Hwy 321 (Lamar Alexander Parkway) turn south onto Foothills Parkway. At 9 miles, turn left at the only exit off the Parkway. Then take the next right; it's sharp (if you miss it, you'll run into a Park Service Campground). At next intersection, take a sharp right turn (you're now on Flats Road). Continue on Flats Road, past Eagle Rock Camp, to the stop sign. Turn right at the stop sign and continue to the entrance to Montvale, on your left. There's a large wooden sign marking the entrance.

What to Pack for the Day

Medical release form & fees - if not already turned in
Jacket, sweater, or sweatshirt
An outdoor chair or blanket for free time, if desired
A snack or drink to share

What to Pack for Over-night

Bedding for twin bed or sleeping bag and pillow
Toiletries & medications; towel & washcloth
Clothes, including jacket or sweatshirt for cool nights
Raincoat or umbrella (we'll be walking from cabins to Lodge)
Comfortable shoes (suitable for hiking if desired)
Flashlight

Optional Items

Card games, board games or scrap-booking materials for free time
Guitars/instruments for bonfire time
Camera
Sunscreen - hopefully ;-)
Swimsuit and towel
Alarm clock; white noise machine; ear plugs

What not to bring

I-pods, MP-3 or CD players
Valuable items

Phone number at Main Lodge: (865) 981-3953