

# 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.*

# ROCC Women's Retreat Registration

Montvale - Harmony Family Center April 26-28, 2019

Name: \_\_\_\_\_

Home Phone #: \_\_\_\_\_ Cell Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

## Emergency Contact Information

Who: \_\_\_\_\_

Phone #'s: \_\_\_\_\_

Are you in a ROCC Small Group?       Yes     No    Which one? \_\_\_\_\_

Are you new to River Oaks Community Church?     Yes     No

Is this your first ROCC Women's Retreat?       Yes     No

If either is true, is there someone who you would like to be paired with for Discussion Groups?

Do you have any dietary requirements? *(We are not able to accommodate all requests. Please share briefly what your restrictions are and you will be contacted to discuss them.)*

Are you interested in bringing a nursing infant?     Yes     No

*(You'll be contacted to discuss how we can meet the needs of you and your baby.)*

Are there any other restrictions or things we should know to make your Retreat more enjoyable?

**This year's retreat will wrap up no later than 10:00 both evenings. You'll have the option of returning home OR staying at Montvale both nights for an additional fee of \$20.**

If you're planning to stay, please answer the following questions:

Would you like a room with room-mates who;     plan to stay up late     go to bed early     either

Are you willing to sleep on an upper bunk?       Yes     No

Do you snore?     Yes       No       A little

\_\_\_ I am enclosing the full amount – check one of the following:

Early Bird (all forms and fees turned in by April 14, 2019)

\$65 for retreat    OR     \$85 if you plan to spend nights at Montvale

Full Registration Cost (forms and fees turned in after April 14, 2019)

\$75 for retreat    OR     \$95 if you plan to spend nights at Montvale

\_\_\_ I will need some financial assistance. Please contact me.

\_\_\_ I spoke to someone about financial aid & have included \_\_\_\_\_ as my contribution

\_\_\_ I am enclosing a donation of \_\_\_\_\_ to help with Retreat scholarships

**Registration materials & full payment due by April 21, 2019.**

*All fees will be refunded if requested before April 21; partial refunds will be available after that.*



## Confidential Medical/Health Information

Name of Participant \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ DOB \_\_\_\_\_

Family Physician \_\_\_\_\_ Phone \_\_\_\_\_

Address (city, state, zip) \_\_\_\_\_

Health Insurance Company \_\_\_\_\_ I.D. Number \_\_\_\_\_

### In case of emergency, notify:

Emergency Contact Person \_\_\_\_\_ Relationship \_\_\_\_\_

Emergency Phone numbers \_\_\_\_\_

Home Address City/State Zip \_\_\_\_\_

### Health History (please check if applicable)

- |                                                                        |                                                          |                                             |
|------------------------------------------------------------------------|----------------------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> Dizziness, fainting spells                    | <input type="checkbox"/> Back problems                   | <input type="checkbox"/> Diabetes           |
| <input type="checkbox"/> Low or high blood pressure                    | <input type="checkbox"/> Knee Problems                   |                                             |
| <input type="checkbox"/> Heart problems                                | <input type="checkbox"/> Thyroid trouble                 | <input type="checkbox"/> Currently pregnant |
| <input type="checkbox"/> Current communicable diseases                 | <input type="checkbox"/> Emotional impairment/disability |                                             |
| <input type="checkbox"/> Recent sprains, fractures, dislocations       | <input type="checkbox"/> Epilepsy or convulsions         |                                             |
| <input type="checkbox"/> Severe abdominal/menstrual cramps             | <input type="checkbox"/> Other: _____                    |                                             |
| <input type="checkbox"/> Present use of alcohol/drugs                  |                                                          |                                             |
| <input type="checkbox"/> Allergies (drugs, stings, walnuts, etc) _____ |                                                          |                                             |
| <input type="checkbox"/> Date of Last Tetanus Booster _____            |                                                          |                                             |

Please explain any items checked or any condition, injury, or other illness requiring medical treatment which might restrict or prevent full participation in the program for which you are applying,

Please list all medications you are currently taking:

Signature \_\_\_\_\_

Date \_\_\_\_\_



## Assumption of Risk/Liability Release

I \_\_\_\_\_, am aware in signing this document for participation in the Women's Ministry Retreat programs that certain elements of the activities are physically and emotionally demanding. Furthermore, I understand that certain risks and dangers, such as those listed below, exist in the activities in which I am participating. These risks include: loss of damage to personal property, injury or fatality. The above risks may be caused by, but not limited to: travel to and from activity site, inclement weather, slipping, galling, insect bites, falling objects, immersion in cold water, hypothermia, suffering any type of accident/illness in remote areas without easy access to medical facilities. I acknowledge that while Camp Montvale/Harmony Adoption and its staff and the River Oaks leadership will make every reasonable effort to minimize exposure to known risk, all hazards and dangers associated with these activities cannot be foreseen. I have a personal responsibility to follow safety rules and procedures and will make the above mentioned parties aware at any point in which I question my ability to participate.

In consideration of being allowed to participate in any River Oaks program/activities held at Camp Montvale/Harmony Adoption, I hereby personally assume for myself all risk in connection with said program for any injuries or dangers which may occur to myself and do fully and forever release River Oaks, Camp Montvale/Harmony Adoption, its owners, employees, and agents from any and all claims, demands, dangers, rights of action or causes of actions, present or future, anticipated or unanticipated, resulting from or arising out of commencement of the activity or the use of the facilities, equipment and property of Camp Montvale/Harmony Adoption except in the case of Camp Montvale/Harmony Adoption sole negligence. I understand that the activity chosen may not be the safest, but has been chosen for its interest and challenge. I do, for myself agree to indemnify and hold harmless release River Oaks, Camp Montvale/Harmony Adoption and its affiliates and the employees and agents thereof from any liability and expense for personal or property damage, or injury not caused by their negligent actions.

I verify all information on page 1 to be correct and I authorize River Oaks Community Church leaders to seek medical attention as deemed necessary, including transporting to a local hospital or treatment facility.

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

**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**