Virginia Chapter Spring Retreat
Get Away from it All...
Sunday, May 23-Monday, May 24, 2010

Enjoy the peace and beauty of the Shrine Mont Retreat Center in Orkney Springs, Virginia

Led by Rev. Rhonda Van Dyke Colby
Enjoy the peace and beauty of
Shrine Mont
in Orkney Springs, Virginia

“A place apart for rest, devotion, fellowship, learning and education, where all may grow in the grace of God”

These are tense times! Economic downturn and institutional decline turn up the anxiety and heat in local congregations. The tension often manifests itself in church staff members who sometimes feel like targets for other people’s anxiety. What can be done about it? Is there a way not to take it so personally? Can someone in your position be a key to regulating the anxiety in the staff and congregation? What 4Fs can you predict will flare up in your congregation? What three things can you do to help yourself and others weather the high seas of anxiety? How can your faith and the Wesleyan tradition specifically be a resource? Learn how to live abundantly in the face of scarcity.

Schedule for the Retreat

**Sunday evening**
- 4:00 Check-in begins
- 5:00 Dinner
- 6:00 Evening Session
- 8:00 Hospitality

**Monday**
- Breakfast Sessions
- Lunch Sessions
- 4:00 Dismissal

1/2 CEU is available for attending all sessions.

For more information call President, Susan Petrey, in the Richmond District Office 1-800-768-6040 ext. 124 or (804) 521-1124.

Mail registration materials to:
VA PAUMCS
P.O. Box 5606, Glen Allen VA 23058

The cost for the retreat is $85 for members and $95 for non-members, per person double occupancy. This covers dinner and room on Sunday evening and breakfast and lunch on Monday.

**Who should attend?**
All Church Administrative Staff, full-time, part-time, paid and volunteer, including, but not limited to, administrative assistants, financial secretaries, office managers and newsletter editors.

Name

Preferred roommate

Street Address

City Zip

Phone

E-mail Address

Church District

Amount Enclosed

Completed registration form and check payable to Virginia PAUMCS must be received no later than May 10

**Our Speaker for the Retreat**

Rhonda VanDyke Colby is a huge fan of PAUMCS. For twenty-five years she served as pastor to local churches in the Virginia Conference where her ministry was enriched and supported by the conference’s finest church secretaries and administrators.

Rhonda currently serves as Dean of Spiritual Life at Shenandoah University. In 2006 Shenandoah began a tremendous unprecedented effort to give back to the United Methodist Church which gave it birth. Rhonda and her husband Don were called upon to lead the effort in “calling, forming, sending leaders for tomorrow’s church and world.” They began the Institute for Church Professions at Shenandoah. Through their efforts “Calling 21” was born and 27 college age interns have been deployed to internships in 21 UM congregations across Virginia. Five out of six former interns who are now college graduates are in seminary.

Ask Rhonda about JustFaith and she will light up as she describes this new innovative experiential Christian Leadership program for undergraduates which combines head, heart, and hands with an eye toward justice and mission. She believes the students involved will change the complexion of the church. They have already started!

Don and Rhonda have three adult children. Austin, 21, is a music education major at JMU and sings in the choir at Otterbein UMC in Harrisonburg. Drew, 24, is an MDiv. student at Wesley Theological Seminary and directs youth and educational ministries at Trinity Episcopal Church in Upperville, VA. Anna, 27, and her husband Matt are members of Asbury UMC in Harrisonburg where they live and work. They have recently learned that they are going to be parents in April!