



Refresh ~ Recharge ~ Renew **Unity of Albany Fall Retreat October 11 & 12, 2024**

We're so glad you will join us on retreat at the Powell House in beautiful Old Chatham, NY. Use this registration form to sign up, choose a payment option, select a room type, and share any dietary requests and/or food allergies/ sensitivities. Contact the Unity office with questions.

WHAT TO EXPECT

Powell House. 524 Pitt Hall Rd. Old Chatham, NY 12136. 518-794-8811

Powell House is a beautiful property located in scenic Columbia County, approximately 35-40 minutes away from Unity of Albany. It is under the care of the *New York Yearly Meeting of the Religious Society of Friends (Quakers)*. They are happy to welcome all people of good will. There is a labyrinth on the property, and the grounds are perfect for walking amidst the fall foliage.

Check in time is 4 pm, Friday, October 11. Dinner is at 6pm, and our programming begins at 7:30 on Friday. We will end at approximately 5 pm on Saturday, October 12. Breakfast and lunch, as well as snacks, will be provided. We have opted to lower our cost by agreeing to an *energy exchange* of community kitchen chores. Sign-ups will be available on-site for this sacred service..

Brief Overview of Schedule (subject to change/modification)

We gather for dinner at 6 pm on Friday. Our opening night session is with the whole group and will run from about 7:30-9:30 pm. On Saturday morning there will be optional movement/meditation practices available before breakfast, which is served between 8-9 am. Our full day offers an enriching mix of small group breakout sessions to choose from, with space also allotted for connection, quiet reflection, time in nature, and creativity. After our closing circle, you'll have time to pack up and say our loving goodbyes before **departure at 5:30.**

Please note this additional information from Powell House:

Alcohol, drugs, fireworks and firearms are not permitted on the grounds. Smoking and open flames, such as candles and incense are not allowed inside of any building. Pets, other than service animals, are not allowed on the grounds. Parking is available; carpooling is recommended.

REGISTRATION

Your Information:

Name:

Address:

Email:

Phone:

Emergency Contact:

Name and Phone:

Relationship:

MEALS (Dinner Friday, Breakfast and Lunch on Saturday)

_____ Vegetarian

_____ Vegan

_____ No restrictions

Please list food allergies or sensitivities here:

PAYMENT OPTIONS/ per person: Please note any of these options can be paid in full or over 3 installments with check, cash, credit card (via Paypal), with Paypal or Venmo

_____ **\$250/Sacred Sustainer: My fee includes supporting the scholarship fund and/or Unity**

_____ **\$180/Sacred Sufficiency: My fee covers the actual cost of my attendance**

For confidential requests for a scholarship, or to further donate towards scholarships, contact Rev Brigid at revbrigid@unityalbany.org /838-217-9058

ROOM OPTIONS:

Powell House has PLENTY of bedroom space, spread over two buildings. One building will be set aside for those preferring an especially quiet atmosphere at night. There are a number of fully accessible rooms in each building. Most rooms have multiple beds, sleeping 2-5 people but **there is no extra charge for single occupancy**. Let us know if you and a friend or partner want to room together.

Please check the appropriate line items below:

_____ I prefer the quiet dorm _____ I prefer the conversation dorm _____

_____ I need an accessible bedroom/no stairs

_____ I prefer single occupancy

_____ I request to room with someone (*Write name/s below*)