

McCoy Memorial Baptist Ladies Retreat

Frequently Asked Questions

Q: When and where is it?

A: We have the retreat each year on the last full weekend {Friday - Sunday} of Sept. Our location is at Quaker Haven Camp on Dewart Lake in Syracuse.

Q: Is it all day Friday - Sunday?

A: No, the "official retreat" does not start until dinner on Friday night, (typically around 6PM) and ends after our last session on Sunday. (typically early afternoon around noon or 1PM)

However, if you are able to leave early on Friday, many of us meet at Panera in Goshen for lunch and then go to Quaker Haven early to enjoy the afternoon there. On Sunday, if you do not have to rush home, you are welcome to stay later and extend the fellowship. Several do stay later and bring craft projects to work on or just enjoy the amenities of Quaker Haven.

Q: Can I still come if I can't be there the whole weekend?

A: Yes! Please do! We encourage you to come for the whole weekend, but we would love to have you for however long you are able to join us. We will pro-rate your cost depending on how long you will be there.

Q: Who is in charge?

A: Currently Esther Flora and Kristi Martin are the directors. Sandra Willis is in charge of collecting the payments.

Q: How many ladies typically attend?

A: It varies from year to year, but we average between 20-30 ladies.

Q: What kind of program should I expect?

A: We do a variety of things from year to year. Such as:

- ◆ A live speaker.
- ◆ A "Retreat Kit" from various publishers which is taught and led by the ladies of McCoy.
- ◆ A video series for ladies.
- ◆ Depending on what kind of program we choose for the year, there will be between 3-6 sessions, sometimes with the first session on Friday night if there are 6, but maybe not until Saturday if there are less sessions.

Q: What else should I expect?

A:

- ◆ We have a craft time which is either planned by one of the ladies of McCoy, often Donna Johnson, or is built into the curriculum. We do this on Saturday afternoon.
- ◆ We have group games, sometimes Minute to Win it type games before some of the sessions, and group games in the evening. Please bring your favorite games for playing with friends in the evening after the organized activities for the day has ended.
- ◆ On Friday night and/or Saturday night we often have a campfire, so we can fellowship under the stars and roast marshmallows.

Q: What are the sleeping arrangements?

A: Currently the location for our retreat is at Quaker Haven Camp in the Friendship Lodge. <https://www.quakerhaven.com/friendship> Friendship lodge has 9 bedrooms which accommodate 2-6 people. 6 rooms have a regular bunk and a pyramid bunk {twin over full}, 2 rooms have 1 pyramid bunk & 2 sets of regular bunks, 1 room has a double bed and is handicap accessible. Each of these bedrooms have a private bath with a shower, sink and toilet. There is one additional bathroom with toilet and sink off of the entry hallway.

Q: What should I wear?

A: We want you to be comfortable so bring your favorite comfy clothes. Most will wear jeans or capris with casual tops, sweatshirts or sweaters depending on the weather, but if casual slacks or a casual dress is more your style, then that works too! Bring shoes for walking if you want to get outside and don't forget your comfy jammies! You might want to bring a sweatshirt or sweater in case the facilities are chilly for you.

Q: Do I have to stay up late or get up early?

A: Our organized activities typically end between 9 -10 PM both nights, but you are welcome to stay up as late as you can handle! :) Brunch both days is typically around 9:30 AM.

Q: Is this just a retreat of McCoy or a larger group?

A: This retreat is put on by MMBC for the ladies of McCoy and their friends. We encourage you to invite friends from outside of McCoy!!

Q: What ages are welcome?

A: College aged ladies and up!

- ◆ If you have a baby 6 months or younger, you may bring the baby with you if needed.

Q: What do we do about meals?

A: Currently Lori Ravenscroft and Pam Perry are our cooks. (They love doing it and we love them for it!!) They plan and cook our meals, which is Friday dinner, Saturday brunch, Saturday dinner and Sunday brunch.

** Please note: if you have any specific dietary restrictions, we ask that you provide your own food.

* Each lady attending is asked to sign up to help set up or clean up after each of those meal times.

* Each lady attending is asked to bring a snack of their choosing to share. (We would like to have a variety and not all "junk" food.) If you prefer to bring a certain snack for yourself that is fine too.

* Water is provided for everyone and there will be coffee in the morning. (Bring your own creamer if you have a preference.) If you prefer a certain drink feel free to bring your own.

(There is plenty of refrigerator and freezer space.)

Quaker Haven does have a dining room, but to keep the cost down, we prefer to do our own meals and this also allows us to do dinner right in our lodge.