

# 2010 Emmaus Retreat

DC Young Adults  
on the Journey:

What's Lutheran in My Everyday Life?



You are invited to join in recreation, renewal, and fellowship with other young adults in the metro DC area from the evening of Friday, September 17 to the morning on Sunday, September 19 at the beautiful Mar-Lu Ridge Retreat Center at the foot of the Catoctin Mountains outside Frederick, Maryland.

If you want to get an early start on your retreat, we have a limited number of spaces available for sleeping over on Friday evening. Saturday programming will begin at 10:00 am. There will be planned activities, including discussions, team-building, and worship, as well as plenty of free time for canoeing, hiking, and participating in the ropes course. Group meals will be prepared by the staff at Mar-Lu Ridge. The retreat will end by noon on Sunday, so there will be plenty of time to get home and get organized for the week!

Suggested cost is \$65 per person to cover retreat expenses. Please indicate your contribution on the registration form.

To register for the Emmaus Retreat, please complete and return the form on the following page. Space is limited so return your registration as soon as you can!

If you have any questions, please contact one of the following people:

- First Trinity: Pastor Wendy Moen
- Luther Place: Amanda Weber or Daniel Weir
- Church of the Reformation: Brian Hornbecker or Karen Kunze

**2010 Emmaus Retreat Registration Form**

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

**Congregation (if applicable):** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**For planning and logistical purposes, please circle yes or no for each component of the retreat, indicating which portions you plan to attend:**

**Arriving Friday night:**            **Yes**            **No**

**Attending Saturday day:**            **Yes**            **No**

**Staying Saturday night:**            **Yes**            **No**

**Suggested cost is \$65 per person to cover retreat expenses. My contribution is \$\_\_\_\_. Please make check payable to: Lutheran Church of the Reformation.**

**Emergency Contact Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Please return this form, with check, to:  
Lutheran Church of the Reformation  
212 E. Capitol St.  
Washington, DC 20003  
Attn: Brian Hornbecker/Young Adult Retreat**