

27th ANNUAL UUAC CAPE COD RETREAT



APRIL 30 - MAY 2, 2010, CAPE COD SEA CAMPS, BREWSTER

Every year, we escape to one of New England's most beautiful and restful beaches for the annual Cape Cod Retreat. Families, singles, young and old choose between walks on the beach, reflection, biking, reading, and tennis. The retreat is an excellent opportunity to get to know other church members in a relaxed and beautiful setting.

The camp staff cooks our meals for us so there is no pressure to do anything other than what we want most to do. Watching the tides

and stars, talking with friends, and a visit to the annual herring run help us reflect on the never ending cycles of our lives and allow us to get back in touch with ourselves. There is no pre-established program during the retreat, simply a chance to become more mindful and re-connect with ourselves.

This year, we will hold a Clambake, early Saturday evening on May 1, 2009. This will be followed by our traditional campfire, complete with singing and marshmallows.

We encourage you to put a priority on this special weekend. If you're concerned about the rustic accommodations at the Sea Camps, there are many more luxurious options available nearby. Check out Linger Longer Cottages and Apartments or Ocean Edge Resort.

**Free Clambake
for Early Registration!**

See details and costs on back.



