



Welcome to the 2018 Spring Retreat at Seabeck!

“Gathering in Mindfulness” May 4th, 5th, and 6th, 2018

13395 Lagoon Dr. NW, Seabeck, WA 98380 (360) 830-5010

First-Timers: We want to welcome you to our retreat! Maps of the grounds with building locations are available at registration. Feel free to ask anyone if you have questions or need help. Many of the campers have attended for many years. The Seabeck Planning Committee members will also be available to answer questions and help you get oriented! You’ll have the opportunity to meet all of us at the ingathering on Friday evening. *Due to food allergies, the entire kitchen will be nut-free—please, no nuts!*

Arriving and Checking in at Seabeck: A map and directions have been provided to you. After you cross the bridge onto Seabeck property, stop at the big building in front of you. This is The Inn where you will need to check-in, pick up your room assignment and pay any balance due. **Don’t forget your checkbook!** If you arrive later than 10:00 PM, you will find your room assignment at the front desk in The Inn. Make sure to find one of the Seabeck Committee Members first thing in the morning, so you can complete your check-in.

Seabeck will provide a Friday Night Buffet Dinner from 6:00 to 8:00 pm in the Dining Room: Eat dinner on your way or come to the Cinco de Mayo-themed, Friday Night Buffet Dinner.

Friday Night Ingathering at 8:00 in the Meeting House: Be sure to join us as we gather to celebrate our joining together at Seabeck! We’d appreciate having at least one member of each group join us. We’ll introduce the Seabeck Planning Team, review some of our scheduled activities and go over logistics of the camp.

Saturday Morning Adult Program: Charles Morris, long-time Tibetan Buddhist practitioner, will lead us through the inner workings of how we can influence our thoughts and well-being through the spiritual practice of mindfulness and meditation. Childcare will be provided during the morning program. Charles will also offer an additional focused meditation session in the afternoon. You may choose to bring a meditation cushion for floor seating—chairs will also be available.

We are happy to present a collaborative program of additional workshops and activities, organized by our Seabeck Planning Team. See the program and workshop schedules for full listings. As always, you are free to engage in your own pursuits of rowing, hiking, reading, visiting, playing ping pong, volleyball, tennis, baseball, or basketball; rocking on the porches, knitting, crafting, making music, planning the worship service, or just relaxing.

Children's and Youth Programs: Parents, you may check the parent volunteer schedule posted on the bulletin board in the Inn Lobby or in your packet for your assigned times of family service in the children’s program. Except for the morning children's program, you are responsible for your children *at all times*. **ANY activities in or near the water (swimming, boating or playing on the dock) must be approved by a parent, and an adult must always be present on the boat or dock. No children are allowed at or in the water without a parent or other adult supervision.**

Facilities and Services: Six meals will be served in the Dining Room, including Friday buffet dinner through Sunday lunch. Bedding, towels and soap are provided. Bathrooms are shared and so are many of the rooms. If you are a single adult you may be assigned a roommate.

Please bring: Extra shoes, socks, and coats for kids! Rain gear and boots; musical instruments, binoculars for birding, games for adults and kids, inspirational readings, camera, flashlight, hiking boots, sports equipment, crafts, art supplies for sketching or painting, notebook and pen, sandcastle stuff, lifejackets (some are provided) for kids and non-swimmers (if you plan to row or swim), clothes for all weather - THINK SUN!

Please Remember to Wear Your Nametag! If UU's believed in rules, we would make this one mandatory! Nametags help us make connections, welcome each other warmly, and build community. Please try to wear your nametag all weekend. We have over 200 people in attendance, so there will be plenty of opportunities to relax and meet new people!

Cell Service: This has been spotty on the grounds. Many people report success across the road by the General Store (by the espresso stand).

Bulletin Board and Message Board: Check the bulletin boards in the lobby of the Inn for newly-organized activities, changes in the schedule or announcements. You can advertise game times, propose spontaneous workshops, request childcare, or let others know that you provide childcare. Please check with a committee member if you need help finding a time and location for an activity.

Facility Problems, and Lost and Found: Lost your coat, glasses, or nametag? Did a light go out in your cabin, need another blanket, or want to report damage to property? Come to the registration desk at the Inn where you will find Lost and Found or knock on the office door to ask for help with your facility need.

Recycling: We are all used to recycling and Seabeck Conference Center prides itself on recycling everything it can. Look for containers throughout the property and recycle whenever possible.

Alcoholic Beverages: Due to Seabeck's alcohol policies, and the number of children who may be present at all gatherings, alcoholic beverages must be restricted to scheduled social gatherings. Alcoholic beverages must be stored in locked vehicles at all other times.

Image Sharing – Don't Upload With-Out Permission (DUWOP)

This era of digital file-sharing poses a challenge for our special community. Many of us give ourselves permission while at Seabeck to try new things, stretch in new directions, and risk unfamiliar behaviors. This is one of the joys of what we create together. At the same time, not all of us are comfortable sharing these brave acts beyond Seabeck. Posting of photos and videos can easily and inadvertently result in embarrassment or other negative consequences. In an attempt to balance this need for privacy with the desire for continued fun and connection, Spring Seabeck has a policy about image sharing. This is: DUWOP – Don't Upload With-Out Permission. Before posting a photo or video of any camper to the Internet (or transmitting it via cell phone), you must first obtain permission from the subject. For those under 18 years of age, you must obtain permission from the parents.

Places to Hang Out During Free Time

The Inn lobby	Registration, information, puzzles, bridge, knitting, newspapers, coffee/tea refills
Firs Lounge	Reserved for families with infants and toddlers - a large living space with toys available
Pines Lounge	Music gatherings
Upper Colman	All ages conversation & board games for children and families
Lower Colman	Arts & Crafts
Reeser Lounge	Reserved for quiet evening conversation and games
Maples	Middle School Lounge
Juniper	Meditation space

- Seabeck 2018 Weekend Retreat Schedule -

Friday Evening, May 4th

5:00 – 8:00 pm	Check-in and pick up your packet and room assignment	The Inn Lobby
6:00 – 8:00 pm	Buffet Dinner (¡Cinco de Mayo theme!)	Dining Room
8:00 – 9:00 pm	Ingathering - Mingling and Announcements	Meeting House
9:00 – 10:00 pm	Late check-in	The Inn Lobby
10:00 pm	Quiet on the grounds and in all buildings	Everywhere

Saturday, May 5th

7:00 am	Self-service coffee & tea	Inn Lobby
8:00 – 9:00 am	BREAKFAST	Dining Room
9:00 – 9:15 am	Parents walk kids to class. Meet your teachers!	(see below)
9:15 - 12:00 pm	Kids Morning Program – Please sign your children in with teachers and pick them up before lunch. NOTE: Parents are responsible for their children and teens at all times during the weekend. We provide supervision for them during the program time from 9:15-12:00 on Saturday morning.	Infant/Toddler & Preschool 1 - 5: Firs Ages 6 - 7: Maples Ages 8 - 9: Colman Ages 10 - 11: A-Frame Ages 12 – 14: Pines
9:30 – 12:00 pm	Adult Morning Program	Meeting house
Noon - 1:00 pm	LUNCH	Dining Room
1:00 - 4:30pm	Afternoon children’s activities: supervised playground, boat dock or all ages workshops. Sign in required at the playground for drop off.	Playground, Boat Dock, Workshops
1:00 – 2:30 pm	Follow-up Mindfulness Meditation with Charles Morris, Presenter	Juniper
1:00 - 2:30 pm	Early-Afternoon Adult and All Ages Workshop Sessions	See Workshop Schedule
3:00 - 4:30 pm	Late-Afternoon Adult and All Ages Workshop Sessions	See Workshop Schedule
4:30 - 5:30 pm	Worship Planning	Spruce
5:00 - 5:45 pm	Social Hour - Beer, wine or non-alcoholic beverages, and snacks. BYO	Pines
6:00 - 7:00 pm	DINNER	Dining Room
7:00 - 8:00 pm	Campfire - Drop in for S’mores	Behind Firs
8:00 - 10:00 pm	“Talent/No Talent” Show and Open Mic	Meeting House
8:30 - 11:00 pm	Ad lib, music, board games, social	Pines
9:00 - 10:00 pm	Optional Middle School and High School Meet-up for Walk to the Cemetery. Minimum Two Adults - Supervision Required.	Pines
9:00 - 11:00 pm	Quiet Conversations and Bridge	Inn Lobby
10:00 pm	Quiet on the grounds and in all buildings.	Everywhere
12:00 am	HS & MS kids escorted by adults back to their parents or guardians.	Everywhere

Sunday, May 6th

7:00 am	Self-service coffee & tea	Inn Lobby
8:00 – 9:00 am	BREAKFAST	Dining Room
9:00 – 10:00 am	Seabeck 2018-19 Planning Team Meeting	Upper Colman
10:00 - 10:30	Worship Service	Meeting House or Amphitheater
10:45 am	Group Pictures – Bring cameras!	Inn Front Porch
11:00 – 12:00pm	Pack up your room	Your Room
Noon – 1:00 pm	LUNCH	Dining Room
1:00pm	Closing Circle – Good-Bye until next year!	Front Lawn