Women’s Spiritual Retreat & Restoration Conference

May 30-June 1, 2019
Ebenezer African Methodist Episcopal Church, Fort Washington, MD

Rev. Dr. Grainger Browning, Jr. – Senior Pastor // Rev. Dr. Jo Ann Browning – Co-Pastor
Greetings my Sisters,

When I reflect on the last 35 years, one word comes to mind…faithful. As I think about all God has done year after year through this gathering—bringing together women of all backgrounds from near and far to be encouraged, to be inspired, to be renewed and to be empowered—He has truly been faithful.

As we prepare for the 35th Annual God is a Wonder Spiritual Retreat and Restoration Conference, we are excited about what’s to come! The Lord has performed wonders in the past and we trust Him at His Word that He’s going to do even greater things this year!

This is a special year and we’ve added some special elements to the schedule to honor this moment in time. To kick things off, we’ll host a reception for all conference attendees on Thursday before our opening worship service featuring our special musical guest for the night, Miranda Curtis! We’ve added several “throwback” workshops based on some of the top workshops over the years. In addition, we’re offering more empowerment sessions to attend during your free time along with many more surprises.

Whether you’ve attended the conference each year or you haven’t attended in some time, don’t miss this one! God has promised that He’s going to do exceedingly and abundantly beyond what we could ever hope, think or imagine in our lives, family, careers, churches and more. Whatever you’re dealing with, however you’re feeling, and wherever you are God has orchestrated this weekend just for you and He wants to meet you at Ebenezer May 30-June 1, 2019!

We pray you will join us and other women from around the globe as we come together on one accord to experience the awesome WONDER of God during this 35th milestone!

In Christ’s Service,

Pastor Jo Ann Browning

Rev. Dr. Jo Ann Browning
Co-Pastor
Ebenezer A.M.E. Church
Visionary & Convener

Pastor Grainger and Pastor Jo Ann Browning
THURSDAY | MAY 30, 2019

12:00 p.m. - 12:00 a.m. | Registration
1:00 p.m. - 8:00 p.m. | Transportation to Church
2:00 p.m. - 5:00 p.m. | God is a Wonder Empowerment Sessions
3:30 p.m. - 5:30 p.m. | Transportation to National Harbor
5:00 p.m. | Hotel Check-In Begins
5:00 p.m. - 6:00 p.m. | Transportation to Church
5:30 p.m. - 7:30 p.m. | Dinner (on your own)
6:00 p.m. - 8:00 p.m. | God is a Wonder 35th Anniversary Spiritual Retreat Celebration
8:00 p.m. - 11:00 p.m. | Opening – God is a Wonder Worship Service
11:00 p.m. | Transportation to National Harbor
11:00 p.m. - 12:00 a.m. | Late Registration

FRIDAY | MAY 31, 2019

6:30 a.m. - 8:30 a.m. | Breakfast (on your own)
7:30 a.m. - 9:30 a.m. | Transportation to Church
8:00 a.m. - 1:00 p.m. | Registration
8:20 a.m. - 9:20 a.m. | God is a Wonder Empowerment Sessions
9:30 a.m. - 9:45 a.m. | Devotions
9:45 a.m. - 10:30 a.m. | God is a Wonder Morning Word
10:45 a.m. - 12:00 p.m. | Workshop I
12:10 p.m. - 1:10 p.m. | Lunch A or Afternoon Answer A
1:10 p.m. - 2:10 p.m. | Lunch B or Afternoon Answer B
<table>
<thead>
<tr>
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<th>Event</th>
<th>Details</th>
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<tbody>
<tr>
<td>1:10 - 2:10 p.m.</td>
<td>God is a Wonder Empowerment Session</td>
<td>Transportation to National Harbor</td>
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<tr>
<td>1:30 p.m.</td>
<td>Transportation to Church</td>
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<tr>
<td>1:30 p.m. - 4:00 p.m.</td>
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<td>Transportation to National Harbor</td>
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<td>3:30 p.m.</td>
<td>Transportation to Church</td>
<td>Dinner (on your own) and Restoration</td>
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<td>4:00 p.m. - 7:30 p.m.</td>
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<td>6:00 p.m. - 8:00 p.m.</td>
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<td>Cupcakes and Conversation V: Ministering in the Worst of Times</td>
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<td>7:00 p.m. - 8:00 p.m.</td>
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<td>Ministering in the Worst of Times (Women in Ministry Only)</td>
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<td>8:00 p.m. - 11:00 p.m.</td>
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**Saturday | June 1, 2019**

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<td>7:30 a.m. - 9:00 a.m.</td>
<td>Morning Touch Anointing &amp; Devotions</td>
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<td>8:00 a.m. - 10:00 a.m.</td>
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<td>Registration</td>
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<td>9:15 a.m. - 10:30 a.m.</td>
<td>Workshop III</td>
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<td>10:45 a.m. - 12:00 p.m.</td>
<td>Workshop IV</td>
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<td>12:15 p.m. - 1:30 p.m.</td>
<td>Closing – God is a Wonder Worship Service</td>
<td>Lunch (on your own or from on-site food vendors), Fellowship, Reflection and Restoration.</td>
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<td>1:30 p.m.</td>
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<td>Transportation to National Harbor</td>
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Highlights and Attractions

The God is a Wonder Spiritual Retreat & Restoration Conference is designed to enhance women spiritually, mentally and physically. For this 35th anniversary, we have added some new and exciting offerings to celebrate this milestone.

There are several additional sessions and attractions offered this year. These activities include:

- A special God is a Wonder 35th Anniversary Spiritual Retreat Celebration Reception before Thursday’s opening worship service.
- A 35th anniversary commemorative gift for all retreat attendees.
- Additional special musical guest, Miranda Curtis during Thursday’s service. African attire encouraged for the evening reception and worship service.
- Two separate assigned lunch breaks and Afternoon Answer Preaching Moments on Friday afternoon.
- Throwback workshops – updated versions of some of the top workshops held over the years. (Identified with an asterisk.)
- Additional Empowerment Sessions, including sessions on grief, blended families, three sessions for young adults only, seniors and more. (Sessions are optional and do not require registration.)
- Limited counseling sessions available. (Must register onsite.)
- Additional food vendors.

Opportunities are also available to enjoy the many attractions at the National Harbor and/or the following on Ebenezer’s campus:

- Meditate in the Sanctuary
- Pray in the Prayer Room
- Shop at the vendors
- Visit the Ebenezer Market
- Walk the campus

This event is for WOMEN ONLY. Children and men are not allowed.

Attendees must wear your registration badge at all times. The badge will give you access to all retreat activities.

A fee will be charged to replace any lost badges and transportation bands.
Friday | 10:45 a.m. - 12:00 p.m.

A1 “BECOMING”…Women in Ministry: For 35 years of retreats, Pastor Jo Ann Browning has invited numerous women in ministry who have been used by God as facilitators. During this journey, the Lord has summoned women from all over the world and prayerfully they have been spiritually strengthened. Hear from this panel of senior preachers about their journey of “becoming.” (Panel)

A2 It’s not “What Men Want,” but What does God Want?: As women, we often struggle to understand the men in our lives—in marriage, business, family, friendships and more. But it’s not what men want, the question is what does God want? Our top priority must always be God and to honor Him above all others. Grasp the importance of putting God first and striving to satisfy His purpose for our lives.

A3 Heart to Heart…God’s Mature Wonder Woman: In this season of life, we can still be used in Kingdom building by maintaining a good heart and right spirit. Receive additional wisdom as God continues to work wonders in and through you as you pass on a lasting legacy. (For Senior Women).

A4 “The Hate U Give:” We are living in a climate of hate where racism and sexism are still ever present. Let’s be honest…it can be difficult to “turn the other cheek” when you’ve been mistreated and misunderstood. Get what you need as a woman to heal emotionally and learn to protect your heart from the hate you’ve experienced.
Friday | 2:15 p.m. - 3:30 p.m.

**B1** “Living My Best Life:” God came that we “might have life and have it more abundantly!” However, many of us are living beneath the promises of God. So often, we settle for less and give up on what God has planned for us, but He is bigger than life’s interruptions or delays. Get what you need to recognize, reach for and reclaim God’s best for your life.

**B2** “The Escape Room:” In every situation, God has provided a way of escape. When trapped or faced with temptations, know that you have choices. Whether you’ve been tricked or blindsided, you can choose to stay in the situation—a toxic relationship, job, arrangement, etc.—or you can choose to keep it moving! No matter what it is, discover a way of escape with God and enter a place and space where you can be safe and free.

**B3** Keeping the Honey in the Honeymoon: In marriage, the passion can fizzle and the desire can fade. Sustaining the excitement in your marriage takes work. Understand how to restore and maintain the heat in your marriage and “keep the honey in the honeymoon.”

**B4** Nip It, Snip It & Tuck It: Modern-day media, materialism and commercialism can impact our self-image and self-worth. What we see and hear can make us think we need to change ourselves to measure up to society’s standards. Embrace being the authentic and unique woman God created you to be knowing that you are “fearfully and wonderfully made.”

*Throwback workshop*
“Can You Hear Me Now?:” There are internal and external voices that can distort our ability to discern the voice of God. Fine-tuning our spiritual ears is essential on this Christian journey. Discover the techniques and tools to discern the voice of God over any others and obtain the spiritual direction that you need.

“Level Up:” God requires more from each of us. It’s important that we position ourselves to be available for Him to lead us to a higher and deeper level in Him. Spiritual development is the key to obtaining the ultimate place that God has for us. Get in position...if you’re ready to embrace your next level of spiritual growth.

Role Reversal: There is a role reversal where we can sometimes end up taking care of our parents. It’s a very difficult place when parents start aging and you become a caregiver. Be informed on how to maintain your physical, emotional and spiritual strength and learn what resources may be available to assist your reversed reality.

I’ve Been Hacked!: At times, you can be unaware that your life has been spiritually derailed. All of a sudden you realize you’ve lost your joy, your power, your focus and your peace. Distinguish the signs of the enemy, when he walks into your life and get back spiritually what he’s stolen.

*Throwback workshop*
D1* Casting Down Imaginations: There are strongholds and beliefs that are opposite God’s love and His will for you. They can create illusions and make you question or doubt God and second guess His power in your life and in the world. Learn to focus on the things of God and how to cast down imaginations and conquer the battlefield of your mind.

D2* Saved, Sanctified and Sexual: The reality is we are Christian women and sexual beings. For many, it can be a real challenge balancing your Christianity, physical desires and controversial expressions. Learn how to reconcile your spirituality and sexual nature in a world where there seem to be no boundaries and anything goes.

D3 “The Other Side of Freedom:” Many of us thought we had reached a new era of equality in our nation, but inequalities, prejudices and injustices have reemerged with renewed vigor and force. While so much has changed, so much remains the same. Understand biblically, historically and socially the impact of oppression on the journey to “the other side of freedom.”

D4* Back to Basics…Prayer, Fasting and The Bible!: In this technological age, there are some basic principles that remain timeless. Praying fervently, fasting regularly and reading your Word daily are essential to keeping your spiritual core strong. Find out how these fundamental principles still hold true in your life today and always.

*Throwback workshop
EMPOWERMENT WONDER SESSIONS

Thursday | 2.00 p.m. - 3.00 p.m.

- **“BECOMING”…35 Years of Spiritual Retreats:** Thirty-five years is a long time to continue hearing from God and organizing spiritual retreats. Hear the ever-evolving efforts of the Spiritual Retreat co-coordinators who’ve worked closely with Pastor Jo Ann Browning for almost 20 years. See yourself “becoming” and exercising your own gifts and talents to be a blessing in your own context, church and community. (Panel)

- **“Yours. Mine. And Ours.:”** Raising children and maintaining a healthy family can be difficult. It can be even more challenging with a blended family. Receive real and relevant instructions for blending a family that anyone can use.

Thursday | 3.00 p.m. - 4.00 p.m.

- **The Twists and Turns on our Journey of Healthy Womanhood:** There is a connection between our health and world events, growing older, daily stress, and simply living as a woman. The impact these issues have on our health is real! Recognize the twists and turns on our journey of healthy womanhood.

- **When Mourning Comes:** The reality of grief and loss is difficult and can be overwhelming. As Christian women, when a loved one dies, there are some methods that can help in the grief process. Jesus did not leave us comfortless! Receive the comforting power of the Holy Spirit in the time of loss.

- **FYAWO (For Young Adult Women Only)**
  
  **“In My Feelings:”** One day she’s your BFF and the next day, you aren’t talking. One day you’re in love, the next day you’ve blocked and unfollowed them on social media. The reality is that friendships and relationships can be difficult and can have you “all in your feelings.” Acknowledge and accept who you are in Christ first, so you can manage your emotions and be happy, healthy and whole.
Thursday | 4:00 p.m. - 5:00 p.m.

- **Aging with Attitude**: We are all getting older, but age is just a number. Identify tactics and strategies on how to grow older—not only gracefully, but with a Holy Ghost-filled attitude. (For Senior Women).

- **FYAWO (For Young Adult Women Only)**
  “Walk It Like I Talk it:” Are you living who and what you say you are? Saying something is one thing, but doing it is another. Get what you need to walk in your faith despite what anyone may say, no matter where you are and regardless of what you feel. (Panel)

Friday | 8:20 a.m. - 9:20 a.m.

- **Women on the Rise**: There is an unprecedented number of women entering leadership positions in various areas and arenas—from government and business to entertainment/sports and the church. Celebrate this new age of women in leadership, support other women and discover that you too can lead wherever you are. (Panel)

- **The Twists and Turns on our Journey of Healthy Womanhood**: There is a connection between our health and world events, growing older, daily stress, and simply living as a woman. The impact these issues have on our health is real! Recognize the twists and turns on our journey of healthy womanhood.
Friday | 1:10 p.m. - 2:10 p.m.

- **FYAWO (For Young Adult Women Only)
  “The Escape Room:”** In every situation, God has provided a way of escape. When trapped or faced with temptations, know that you have choices. Whether you’ve been tricked or blindsided, you can choose to stay in the situation—a toxic relationship, job, arrangement, etc.—or you can choose to keep it moving! No matter what it is, discover a way of escape with God and enter a place and space where you can be safe and free.

Friday | 7:00 p.m. - 8:00 p.m.

- **Cupcakes and Conversation V:** Ministering in the Worst of Times. *(Women in Ministry Only)*
FACILITATORS

**Rev. Dr. Jo Ann Browning**
Host Pastor and Visionary
Ebenezer A.M.E. Church
Fort Washington, Maryland

**Rev. Dr. Claudette A. Copeland**
Pastor Emerita
New Creation Christian Fellowship
San Antonio, TX

**Rev. Dr. Marie Braxton**
First Lady, Potomac District
of the Washington Conference
2nd Episcopal District, AME Church

**Elder Louise Cage**
Concerned Prayer Ministry
Rev. Marissa Farrow
Associate Minister
The Greater Allen Cathedral of NY
Jamaica, NY

Rev. Dr. Elaine McCollins Flake
Co-Pastor
The Greater Allen Cathedral of NY
Jamaica, NY

Rev. Sheleta Fomby
Pastor
Hemingway Memorial AME Church
District Heights, MD

Rev. Dr. Cheryl Townsend Gilkes
Director of the African American Studies Program
Colby College
Waterville, ME

Rev. Twanna Henderson
Executive Pastor
New Beginnings Church
Matthews, NC

Bishop Millicent Hunter
Founder and Pastor
The Baptist Worship Center
Philadelphia, PA

Rev. Dr. Jessica Ingram
Episcopal Supervisor
1st Episcopal District
African Methodist Episcopal Church

Rev. Dr. Ann Lightner-Fuller
Retired Senior Pastor
AME Church
Bishop Barbara Austin Lucas
Founder and Pastor
Agape Tabernacle International Fellowship
Brooklyn, NY

Rev. Sabrina Mangrum
Co-Pastor
Cornerstone Peaceful Bible Baptist Church
Upper Marlboro, MD

Rev. Dr. Jasmin Sculark
Founder and Pastor
Victory Grace Center
Bladensburg, MD

Bishop Vashti McKenzie
Presiding Prelate
10th Episcopal District
African Methodist Episcopal Church

Bishop Carolyn Showell
Global United Fellowship
Baltimore, MD

Evangelist Dr. Susie Owens
Co-Pastor
Greater Mt. Calvary Holy Church
Washington, DC

Rev. Dr. Debjii Sababu-Thomas
Min. for Discipleship
Reid Temple AME Church
Glendale, MD

Rev. Dr. Renita Weems
Co-Pastor
Ray of Hope Community Church
Nashville, TN
Rev. Dana Ashton  
Pastor  
Union Chapel AME Church  
Cambridge, MD  

Sis. Doris Porter  
Mother in Ministry  
Ebenezer A.M.E Church  
Fort Washington, MD  

Rev. Dr. Barbara Ridley  
Senior Minister of Comfort  
Ebenezer AME Church  
Fort Washington, MD  

Evangelist Cheryl Jackson  
Mid-Day Host  
WPRS-FM, Praise 104.1 FM  

Sis. Miranda Curtis  
Guest Psalmist  

Sis. Kathy Taylor  
Guest Psalmist  

Dr. Sharon Allison Ottey  
Executive Director of  
The COSHAR Foundation  

MUSICAL GUESTS
We are excited about the 2019 *God is a Wonder Women’s Spiritual Retreat & Restoration Conference*. Please take a look at some of the special and exciting activities planned for the 35th celebration!

**Fees**

The registration fee for the 2019 God is a Wonder Women’s Spiritual Retreat & Restoration Conference is **$135** per person for all attendees.

All Spiritual Retreat & Restoration Conference fees are non-refundable and include entrance to all day and evening sessions, retreat bag, workshop materials and more!

The last day for Retreat payments by check is Sunday, May 12, 2019, and by other forms of payment, Sunday, May 26, 2019. Any payments made after Sunday, May 26, 2019 will be processed on site. No checks will be accepted during onsite registration. **Please note that if your registration is received after May 19, 2019, you may receive a different conference bag.**

This cost does not include hotel accommodations. A list of partner hotels is provided on page 19.
Registration and Payment Options

For your convenience, there are several registration and payment options available.

- Online registration and payments can be made by Visa and MasterCard credit cards only. To pay using American Express and Discover, please download the registration form and mail or fax your registration and credit card information to the address below.

- When paying by credit card, please include credit card number, card holder’s name and expiration date. Payment must accompany your retreat registration form.

- When paying by mail, please send your payment in the form of a check, credit card, or money order (no cash) and include at least two current contact numbers. Make all transactions payable to Ebenezer A.M.E. Church, and please enclose your registration form. Please make a copy for your records.

Mail your completed form with payment to the Post Office address or fax your completed form to 301-265-0437.

For further information, please call 301-265-8293.

Ebenezer A.M.E. Church
c/o W2W Registration Committee
P.O. Box 441635
Fort Washington, MD 20744
Fax: 301-265-0437
Hotel Accommodations

We are blessed to host all retreat activities—workshops, worship services—on the campus of Ebenezer A.M.E. Church in Fort Washington, MD again this year!

Lodging arrangements must be arranged separately and can be secured at one of our partner hotels at the beautiful National Harbor. The National Harbor, located minutes from the church, also contains several attractions of various tastes and styles. In addition, we continue to partner with The Harborside Hotel located outside of National Harbor, approximately 5 miles from Ebenezer. Transportation to and from this hotel is provided to those who sign up to be transported. Please see details on page 19.

When calling to make your reservation, you must mention Ebenezer A.M.E. Church to receive the discounted rate. Be sure to make your reservations as early as possible.

All reservations must be guaranteed with a one night, non-refundable deposit at the time you reserve your room. Based on current banking procedures, use of a debit card for hotel check-in transactions and rental cars is discouraged. This could result in additional funds being withheld for an extended period of time.

Additionally, please DO NOT send your hotel registration to Ebenezer A.M.E. Church.
Hotel options are listed below. **Details regarding parking cost and amenities, including exercise facilities, restaurants and other information are available by calling the individual hotels directly.** The deadline to book rooms is Monday, April 29, 2019. Availability is provided on a first-come, first-served basis, so we encourage you to book your room as soon as possible.

**Attention:** Hotels are to charge a one night "non-refundable" deposit per room on all reservations.

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**AC Hotels by Marriott**  
(888) 236-2427  
$190 plus tax

**Gaylord Hotel**  
(301) 965-2000  
$199 plus tax (price is inclusive of resort fee)

**The Westin National Harbor**  
(888) 236-2427  
$199 plus tax

**Residence Inn by Marriott**  
(301) 749-4755  
$195 plus tax

**Hampton Inn** *(Already full – No additional rooms available)*  
(800) 426-7866  
$179 plus tax

**The Harborside Hotel (5 minutes from National Harbor)**  
6400 Oxon Hill Road, Oxon Hill, MD  
(301) 749-9400  
$159 plus tax
To register, you may either print out and complete a hardcopy of this form or register online at godisawonder.com

Please circle any that apply: REVEREND EVANGELIST MINISTER SISTER

Please print legibly

First Name: ___________________________________________________________ Last Name: ______________________________________________________ M.I.: __________

Street Address: ______________________________________________________

City:_________________________________________ State: ___________ Country: _______________________________________ Zip: __________

Home #: (____) ______-__________ Cell #: (____) ______-__________ Email: ________________________________

Are you (please check all that apply): □ Single □ Married □ Separated □ Divorced □ Widowed □ Step-Parent

Age Range: □ 18-34 □ 35-49 □ 50-65 □ 65 and over

Church Affiliation: □ Ebenezer AME Church, Fort Washington, MD □ Other (Please complete below)

Church Name: __________________________________________________________________________

City:_________________________________________ State: ___________ Country: _______________________________________

Hotel where you are registered (no accommodations available onsite): ______________________________________________________

Wheelchair access required: □ YES □ NO
**GENERAL WORKSHOP SERIES**

Please select (4) workshops. Indicate ONLY the **Letter** and **Number** in the Choice Boxes.

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<td>4</td>
<td>10:45 AM</td>
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Workshops fill up fast so we encourage you to register early to secure your workshop selection.

**RETREAT FEE**

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**TRANSPORTATION**

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**PROMOTIONAL ITEMS**

Please indicate the number of items ordered in each box. **ALL ITEMS MUST BE PAID IN FULL WHEN ORDERED.**

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<tr>
<td>Jacket*</td>
<td>$55</td>
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Please visit the website to view samples. **(Fitted women's sizes)**

**Fees are non-refundable.**

No CHECKS accepted after May 12, 2019.

Copy and return original form to:

Ebenezer A.M.E. Church, P.O. Box 441635
Fort Washington, MD 20744

Name of Cardholder  Card Number  Exp. Date

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**Total Amount Enclosed:** $________

- [ ] Cash
- [ ] Master Card
- [ ] Discover
- [ ] Check
- [ ] Visa
- [ ] AmEx
- [ ] Money Order
**Meals**

Breakfast, lunch and dinner are on your own. There will be new food vendors available to purchase meals onsite.

We have scheduled two separate lunch times to accommodate everyone purchasing lunch on site. Also, a list of local restaurants will be provided.

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**Attire and Colors**

Comfort is the word for the spiritual retreat and restoration conference attire. Casual, relaxed clothing including jeans, slacks or capri pants are appropriate for this spirit- and fun-filled weekend.

Please wear orange, fuchsia, red and white as much as possible. We have also added purple for this 35th anniversary and encourage African attire for the Thursday evening reception celebration and evening worship service.

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**Transportation**

Charter buses, vans and vehicles will be available to transport attendees from the National Harbor property to Ebenezer A.M.E. Church for a cost of only $45 for the entire weekend. Pre-registration for transportation services is required. Onsite registration for transportation will not be available.

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**Travel Arrangements**

Three major airports serve this region—Reagan National Airport, Dulles International Airport, Thurgood Marshall Baltimore-Washington International Airport. Of the three, Reagan National Airport is the closest to the designated hotels. Dulles International Airport and Baltimore-Washington International are approximately one hour away. Amtrak Train Service is also available to New Carrollton, MD and Washington, DC, which are within 30 minutes of the retreat hotels by taxi.