



SEVENTH-DAY  
ADVENTIST CHURCH

**Chesapeake Conference  
Headquarters**

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Columbia, Maryland  
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Greetings, Friend!

Thank you for registering for the 2014 "Grow! Reach! Thrive!" Chesapeake Conference Women's Retreat!

There will be a concert open to everyone, not just women, at the Spencerville Church on Friday evening at 7:00 p.m. The concert will include the Spencerville Adventist Academy Choir and Bell Choir, Highland View Academy's Highlanders Choir, and a Washington Adventist University string quartet.

The retreat begins Sabbath morning at Spencerville Adventist Academy. Registration opens at 9:00 a.m., and programming begins at 9:30 a.m. A full lunch is provided. The retreat will close at 6:45 p.m. with a light snack that you can eat at the academy or on the road. There are also restaurants located nearby if you wish to spend a little more time with friends.

As usual, the dress code is comfortable and casual. Parking is limited, so please consider carpooling.

It is our goal each year to impact the community in which our retreat is held. This year we have chosen two charities to support. The Gaithersburg Food Bank ([www.mannafood.org](http://www.mannafood.org)) and Success in Style ([www.successinstyle.org](http://www.successinstyle.org)). Manna feeds about 3,300 families. Success In Style's mission is to assist women and men in crisis to become employed and self-sufficient. Please consider bringing food items and a career outfit to donate. Guidelines are enclosed with this letter.

If you would like to stay at a hotel in the area Friday or Saturday night, enclosed is a list of hotels that are ready to offer you a special rate.

Sabbath at Spencerville Academy is for women at least 15 years of age. As a courtesy to other participants, and to maximize your benefit during this event, we ask that you make other plans for the care of your children younger than 15.

Upon arrival, please visit the Women's Retreat registration table at the church Friday night or at the academy on Sabbath morning to pick up your registration packet, meal ticket, and name tag.

We look forward to seeing you at the retreat. Please pray with us that God will continue to lead in the planning for a spirit-filled weekend!

*Samantha*

Samantha Young  
Women's Ministries Director

*Jennifer*

Jennifer Stefan  
Administrative Assistant

Spencerville Adventist Academy - 2502 Spencerville Rd, Spencerville, MD 20868  
Spencerville Seventh-day Adventist Church - 16325 New Hampshire Ave, Silver Spring, MD 20905  
Retreat Information on Friday, October 17 and Sabbath, October 18 - (443) 472-8381

# ***Gaithersburg Food Bank / Manna Food Center***

[www.mannafood.org](http://www.mannafood.org)

## ***Fruits and Vegetables***

**Choose canned fruits and vegetables in an array of colors to provide a variety of vitamins and minerals.**

- Low-sodium canned vegetables
- Canned tomato products with no added sugar or salt
- Canned fruit (in juice)
- Dried fruit (no added sugar)

## ***Protein***

**Choose canned lean meats as a good source of protein and canned or dry beans for added fiber.**

- Canned tuna/salmon in water
- Canned chicken
- Canned chili
- Canned beans
- Dried beans
- Nut butters
- Dry-roasted or raw nuts and seeds

## ***Grains***

**100% whole grains and grain products offer a complete package of nutrients.**

- Brown rice
- Quinoa, buckwheat and other whole grains
- Whole-wheat pasta
- Rolled oats and plain instant oatmeal
- Low sugar, high fiber cereal

## ***Additional healthful items***

- Boxed (UHT) or evaporated milk
- Vegetable oils (olive, peanut, etc.)
- Tea and coffee
- Vegetarian items (soups, chili)
- Infant cereals
- Baby food/formula

## ***Fresh fruit and vegetables***

One of the most requested items from our clients is fresh produce. Why not plant an extra row in your garden this year and help us feed those less fortunate? Manna will gladly take your extra fresh garden!!!

## ***Success In Style***

[www.successinstyle.org](http://www.successinstyle.org)

### ***Criteria for donated clothing and accessories***

Current in styling (usually 3 years old or less)

Clean

In good repair

In-season (preferred)

### ***What can be donated?***

Suits

Business separates (jackets, pants, tops, skirts, lightweight sweaters)

Coats

Accessories (shoes, handbags, attaché's, scarves, jewelry)

Wigs

New only: undergarments, cosmetics and hosiery

## ***Hotels***

**Mention "Seventh-day Adventist" or "SDA"**

### ***Hilton Garden Inn Silver Spring North***

6.7 miles/11 minutes from academy

2200 Broadbirch Dr, Silver Spring, MD 20904

(301) 622-3333

\$130, plus tax

### ***Courtyard Silver Spring North***

6.1 miles / 10 minutes from academy

12521 Prosperity Dr, Silver Spring, MD 20904

(301) 680-8500

\$129, plus tax

### ***Comfort Inn Capital Beltway***

8.2 miles / 14 minutes from academy

4050 Powder Mill Rd, Beltsville, MD 20705

(301) 572-7100

\$104, plus tax