

## REGISTRATION FORM

**A DAY APART: Exploring MLUC's Labyrinth as a Spiritual Practice**  
May 11, 2019 10:00 a.m. – 3:00 p.m.

Carmel Stabley, Veriditas Advanced Certified Labyrinth Facilitator, will lead us in this 4000-year old practice of reflective labyrinth walking. Come away with an understanding of the Baltic and Medieval labyrinth patterns, personalize your walk with intentions, and deepen your experience through a process called **Key Word Journaling**.

- All faith traditions & experience levels welcome
- Childcare available and complementary
- Suggested donation \$20 / Optional lunch \$10

NAME: \_\_\_\_\_ MLUC member? **Yes / No**

EMAIL: \_\_\_\_\_

### Lunch?

Optional boxed lunches will include a Sandwich, Side and Upcake.

If you would like to purchase lunch as part of your retreat, please **check** one Sandwich, one side and one Upcake choice and include \$10 in payment. Check below for Gluten-Free (no bread) option. Coffee, Tea and Water will be available during the day.

### Check one selection in each column...

#### Sandwiches

- \_\_\_ Thanksgiving Sandwich
- \_\_\_ Tuna Salad
- \_\_\_ Virginia Baked Ham
- \_\_\_ Nutty Chicken Salad
- \_\_\_ Veggie Sandwich

#### Sides

- \_\_\_ Cole Slaw
- \_\_\_ Potato Salad
- \_\_\_ Fruit Salad

#### Upcakes

- \_\_\_ Yellow Cake w/Vanilla Buttercream
- \_\_\_ Chocolate Cake w/Chocolate
- \_\_\_ Red Velvet
- \_\_\_ Choc w/Salted Caramel
- \_\_\_ Carrot

Gluten Free Option

**Register by May 4** to secure a spot, childcare, and lunch. Limited to 40 participants. Late registration for workshop, lunch, and/or childcare may not be available.

#### HOW TO REGISTER:

1. **ONLINE** at [www.MLUC.org](http://www.MLUC.org) with electronic payment

OR

2. **RETURN this completed form** with donation amount and lunch payment. (Checks Payable to "MLUC" with "A DAY APART" written in the memo line.)  
Mail to MLUC: 816 Valley Forge Rd, Devon, PA 19333 OR Drop off in Meditation Mailslot at MLUC office.

\$20 Suggested Donation included **Yes / No**

\$10 Optional Lunch included **Yes / No**

TOTAL INCLUDED \$ \_\_\_\_\_

Childcare Needed? **Yes / No**

**Bring a journal if available. Writing supplies provided.**

Questions or last-minute registrations? Contact Sue Compton:  
([suemcompton@gmail.com](mailto:suemcompton@gmail.com); 484-947-3699).