



The Prothro Center is located on Lake Texoma, north on Hwy 75 about 1 1/2 hours from Coppell. It is secluded and surrounded by God's beauty and serenity. The lodge has hotel style rooms with a deck that overlooks beautiful Lake Texoma. See [www.prothrocenter.org](http://www.prothrocenter.org) for more information.

## *Reflections*



*Let your adornment be the inner self with the lasting beauty of a gentle and quiet spirit, which is very precious in God's sight.*

*1 Peter 3:4*

**First UMC of Coppell  
Women's Retreat  
April 9 – 11, 2010  
Prothro Center @ Lake Texoma**

Join us for a weekend of reflection and rediscover "the jewel of the gentle and quiet spirit" within you.



This year's speaker and course director is Lisa Hancock. Lisa has her Master of Arts in Dispute Resolution from Southern Methodist University and is a certified mediator in the state of Texas. Her passion is to empower families and their youth by providing them with tools to create peace and understanding through constructive communication, learned techniques, and self discovery. She has received additional training through the Source of Light Presbyterian Church and Peacemaker Ministries to assist parties through conflict with a biblical perspective. Lisa's curriculum for the weekend will truly be a "spa for the soul" as she helps us explore the individual uniqueness and beauty of our God given nature. Lisa is a member of First United Methodist Church of Coppell where she has served as a high school youth counselor and Sunday school teacher. She and her husband, Jim, have been married 28 years and have two children, Martin and Karen.

**Friday** - Check-in begins at 4:00 pm. Dinner is at 6:00 pm, with fellowship and fun activities to follow.

**Saturday** – Our morning will be spent in workshops with Lisa Hancock. After lunch, you may enjoy free time. Walk around the lake or woods, read a book, take a nap or just visit with friends, both old and new. An optional mission opportunity is also being planned for the afternoon.

**Saturday Evening** – Dinner is at 6:00 pm followed by a Pajama Party -back by popular demand!

**Sunday** – After breakfast, you are invited to join us for reflections and worship overlooking the lake. Our time together will end around 11:00 so you can be home in time to enjoy Sunday with your family!

## *Yes, I want to go!*

**To Register:** Fill out the enclosed registration form and return to the Church Office by March 7, 2010. Make checks payable to FUMC – write "Women's Retreat" in the memo area. You may choose your roommate or we will have one for you!

**Cost:** The cost is **\$140 by February 14, 2010 or \$150 after.** This includes 2 night's at the Prothro Lodge and 5 scrumptious meals. Rooms are double occupancy (with a few triple occupancies available on request). Sorry, we cannot offer partial weekend option. We encourage everyone to plan on attending the entire weekend!

**Scholarships:** Limited partial scholarships, based on financial need, are available to FUMC members. Please see Rev. Susan Bryan if you need assistance.

### **For More Information Contact:**

Rev. Susan Bryan - Retreat Staff  
[sbryan@fumccoppell.org](mailto:sbryan@fumccoppell.org)  
972-462-0471 ext. 215

Ellen Diers - Retreat Coordinator  
[erdiers@verizon.net](mailto:erdiers@verizon.net)  
972-304-0922



**We sincerely thank our United Methodist Women  
for their financial support helping  
to underwrite this retreat.**



# Reflections

*FUMC 2010 Women's Retreat - April 9 - 11, 2010*

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Roommate Preference: \_\_\_\_\_

*Double Occupancy Room. Some Triple rooms available - first come, first served.*

*Some single rooms available for an additional cost.*

I am willing to help with (please circle):

*snacks transportation worship mission project gift bags fun/games*

\_\_\_\_\_ Yes, I would like to carpool from FUMC Coppell to Prothro Center

Special Needs (if any): \_\_\_\_\_

*Please make checks payable to FUMC and return both this form and your check to the Church office.  
DEADLINE is March 7, 2010. \$140 by 2/14/10 or \$150 after.*