



Emptying and Filling Our Cup: a metaphor for life
UUFHC Spring Overnight Retreat
May 16 – 17 (18), 2025

For our 2025 Spring overnight retreat, we will use a favorite cup as a metaphor for life to examine how we continually need to empty and fill our cup to meet the moments of our lives. This idea comes from a book called, the Cup of Our Life, by Joyce Rupp. As the seasons of life change, so does the need to empty from our cup that which no longer serves us and fill it with those things that will help us meet the next season more fully. Throughout this process, we must discern what to keep, what to let go of and what to add to meet ourselves in the fullness of our lives. Join us for a time apart to explore these cycles together and build our awareness of our own life rhythms through the metaphor of a favorite cup.

This year's Spring Overnight Retreat will be held at **Bon Secours Retreat Center** in Marriottsville, <https://bonsecoursrcc.org/>. As in past years, the formal retreat will begin on Friday evening after dinner at the Center and conclude on Saturday afternoon at 3pm. Breakfast and lunch at the Center are also included.

We invite participants who can stay on for a second night to join us for continued informal fellowship and retreat time at Bon Secours. Dinner and the next morning breakfast and lunch will be included for those who stay on Saturday evening.

Costs:

Single occupancy: \$189 for one night; \$378 for two nights.

Double occupancy (costs split between 2 people): \$253 for one night; \$506 for two nights.

Please note that the rooms only have one queen size bed.

RSVP to Beth Wood-Roig, bwoodro1@gmail.com with deposit (1/2 total payment) by March 1, 2025. Remaining balance is due on April 1, 2025. Checks can be made out to UUFHC.

Deposit (1/2 total cost)

<i>Occupancy</i>	<i>One Night deposit</i>	<i>Two Nights deposit</i>
<i>Single</i>	<i>\$94.50</i>	<i>\$189</i>
<i>Double (split btwn 2 people)</i>	<i>\$126.50</i>	<i>\$253</i>