

Grocery List

- corn
- cucumber
- tomatoes
- lettuce
- skim milk
- fresh salmon
- flowers
- avocado
- mushrooms
- dried fruit
- crackers

REGISTRATION INFO



FOR ONLY \$250, YOU GET...

The highest level of Christian hospitality at a "bed and breakfast" type, historic facility nestled in the beautiful Pacific Palisades. Two nights of comfortable sleep and a

weekend full of delicious food to feed your body and the "Bread of Life" to feed your soul. Additionally, you will experience cooking demonstrations that will actually allow you to "taste and see"! All meals, linens and workshop materials are included in the cost of registration. (\$50 late fee will be applied after the deadline).

TO REGISTER...

Reserve your spot by emailing Rev. Samuel Yun, Director of Marketing and Ministry Development, at syun@cal-pac.org by the deadline of September 15th. You will then receive confirmation of your reservation with detailed registration form and options for payment. This retreat is limited to 30 participants, so reserve your spot early. For questions or for more information, call: 626.568.7332 or visit us online at: www.CalPacCamps.org

Only 30 spots available.

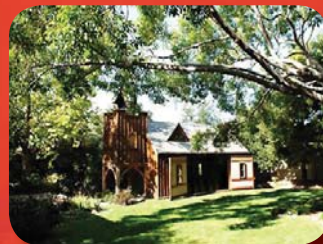
**Reserve your spot by
September 15th by emailing
syun@cal-pac.org**

VISIT US ON THE WEB

www.CalPacCamps.org | www.aldersgateretreat.org

Directions to Aldersgate Retreat

Aldersgate Retreat & Cultural Center is located at 925 Haverford Avenue in the beautiful Pacific Palisades, north of Santa Monica and south of Malibu. Detailed driving directions can be obtained by visiting our website, using Google Maps or via the registration packet received after reserving your spot.



PO BOX 6006
110 S. EUCLID AVE
PASADENA, CA 91102

tel 626.568.7332
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Taste & See

FOOD, FAITH & THE JOY OF THE TABLE

A WEEKEND RETREAT
@ ALDERSGATE
FOR CLERGY & LAITY

October 15 to 17, 2010



Our Program & Leaders

RETREAT DESCRIPTION

This weekend retreat celebrates the joy of cooking, eating and time shared at the table. Through storytelling, humor, demonstrations, tastings, recipes and more, we will encourage spiritual growth through table fellowship and a greater awareness of the gift of food.

THE CULINARY TEAM

Our time together will include cooking demonstrations and workshops led by Juliet Mendoza, master chef of Aldersgate Retreat, and by Rev. Myron Wingfield, Superintendent of the San Diego District and home cooking enthusiast. Additionally, the weekend will be deaned by Rev. Richard Smith, retired pastor from the California-Pacific Annual Conference and spiritual artisan.

THE KITCHEN

The weekend retreat will utilize the sacred space and well-equipped kitchen at the beautiful and historic Aldersgate Retreat & Cultural Center, located in the Pacific Palisades.

for more information visit our website:
www.CalPacCamps.org

Come Join Us for a Time of Good Food, Relaxation, Fellowship and Worship... All Are Welcome to the Table.

Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me...

Revelations 3:20

O magnify the Lord with me, and let us exalt his name together...
O taste and see that the Lord is good; happy are those who take refuge in him...

Psalm 34:3,8



AS YOU ANTICIPATE THIS FEASTING TIME, HERE ARE SOME WEEKEND HIGHLIGHTS

FRIDAY | OCTOBER 15

Session #1: "Gathering for a Feast: The Appetizer" | Topic: How to Begin | Recipe: Crisp Seasoned Nori

SATURDAY | OCTOBER 16

Session #2: "Breakfast" | Topic: Come and Have Breakfast: Jesus, Food & Faith | Recipe: Spinach & Gruyere Strata

Session #3: "Lunch" | Topic: One Does Not Live by Bread Alone: Food for the Soul | Recipe: White Bean & Kale Soup

Session #4: "Dinner" | Topic: You Saw Me Hungry: Food to Spare, Food to Share | Recipe: Braised Turkey w/ Italian Sausage

Session #5: "Dessert" | Topic: Taste and See that the Lord is Good | Recipe: Buttermilk-Lime Ice Cream

SUNDAY | OCTOBER 17

Closing Session: "Holy Communion" | Topic: Made Known in the Breaking of Bread | Recipe: Road Food