

NCIA RETREAT 2025

Information Booklet



The Tops, Stanwell Tops, NSW
Thursday January 2 - Monday January 6

How to get to The Tops

The address is 51 Bendena Gardens, Stanwell Tops, NSW, 2232. **Please meet Carolyn outside Reception to get your room key code.**

At Stanwell Tops turn right onto Stonehaven Road from Lawrence Hargrave Drive and then second right onto Bendena Gardens. When you come to the end of Bendena Gardens turn **left** towards the main site. Arrive from 4pm.

We have two places we have hired for accommodation, **Boronia** and **The Retreat**. At the end of this booklet is a list of names of attendees and it will show where you will be staying. People staying in The Retreat can park opposite (at the pool) and people in Boronia can park in the main car park. A site map is located in this booklet.

http://www.premierillawarra.com.au/pdf/timetables/15_timetable.pdf There is a bus from Helensburgh train station to Stanwell Tops. This link gives you the details.

If you require more information about how to get to The Tops or require picking up at a train station, please contact Carolyn on 0434 581 994 or nciaretreath@gmail.com.



The retreat (front cover Boronia)

What to bring

All rooms in both Boronia and The Retreat have a double bed and then a variety of single bunk beds. All rooms in Boronia have an ensuite. The Retreat has one room with an ensuite and two shared bathrooms. Diagrams at the end of booklet.

Bedding - if you haven't hired linen then please bring top and bottom sheet (or sleeping bag), pillow case and towel. There is a pillow and a doona on each bed. If you have hired linen this will be located in your room. If you are planning on using the pool or going to the beach please bring a beach towel.

Food - all meals are catered, main meals served in the dining hall and other meals served in Boronia. If you wish to bring your own snacks or milk there is a full sized fridge with freezer in The Retreat and a kitchenette in Boronia. Please clearly label your food. **Please note that The Tops is a nut free site so make sure you don't bring anything with nuts in the ingredients. This includes nut milks.**

Clothing - summer at Stanwell Tops can be hot with highest temperatures 43C but the mean temperature is 25C. The overnight low is around 18C-23C. Please bring clothing that would be appropriate for your comfort levels. Stanwell Tops can get random cold times, fog and rain, so bring a jacket too. If you are planning on doing outdoor activities these will go ahead in the rain so a light rain jacket would be advisable. Closed toed shoes are required when doing outdoor activities as well.

Other items - personal items, Bible, notebook, pen/pencil, musical instruments, swimming costume, craft items, power board (if wanting to charge multiple devices), fan (The Retreat has air conditioning, Boronia has the sea breeze)



Outdoor Activities

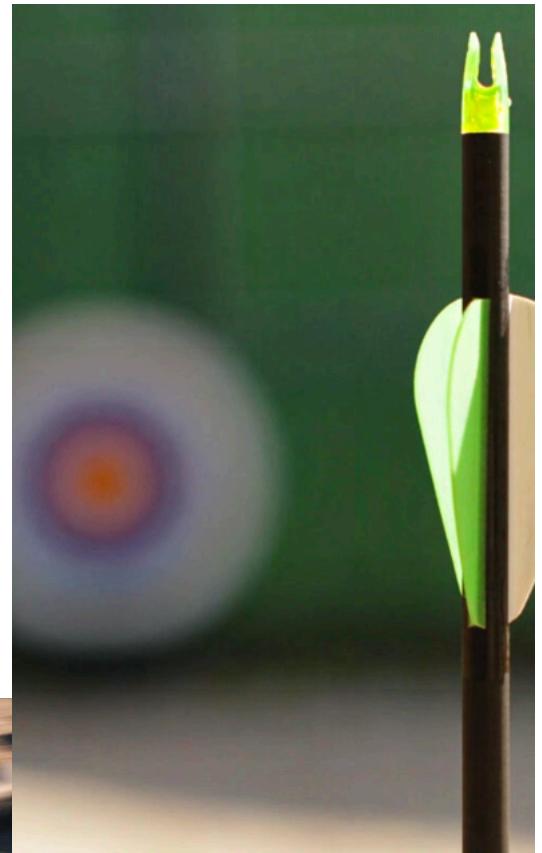
There are 3 options of outdoor activities offered this year. A minimum of 15 and a maximum of 25 for each activity. Adults are also welcome to join in

Bottle Rockets - make a rocket out of a two litre plastic bottle, water and pressurised air then launch it into the sky. Who can fly theirs the furthest, highest or the most accurate?

Cart Racing - if over 10 years old you can compete in a fast paced time trial using peddle power on carts on a track. If you are under 10 years old or aren't quite into a wild time the **swimming pool** will be hired for exclusive use 1.30pm-2.30pm.

Archery - This is open to all age groups. There are small bows for the littler children to enjoy too. Let's see who is the most accurate.

Please note that anyone who participates in an activity needs to fill out an Acknowledgment of Risk form. This is located at the end of the booklet. Please have these filled out and given to Carolyn before lunch on Friday.



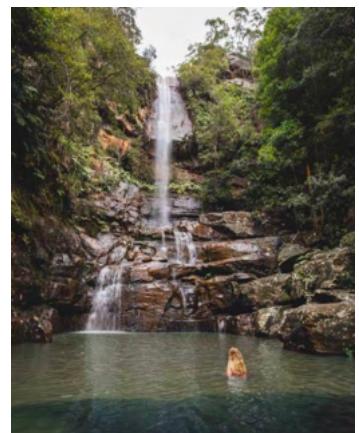
Other Items

Pool

Opening times are 8am to 8pm. The pool is located across from The Retreat. We have hired the pool for exclusive use on Saturday 1.30pm - 2.30pm. Other groups may also hire the pool. If the gate is open then anyone can access the

Bush walks and walking around the site

There are a number of walks that lead off from The Tops which anyone can access. Please be aware there are cliffs very close to Boronia and the Dining Hall. Please stay on marked paths after dark for safety reasons. Kelly Falls is a 1.1km walk just outside of Stanwell Tops and is very beautiful.

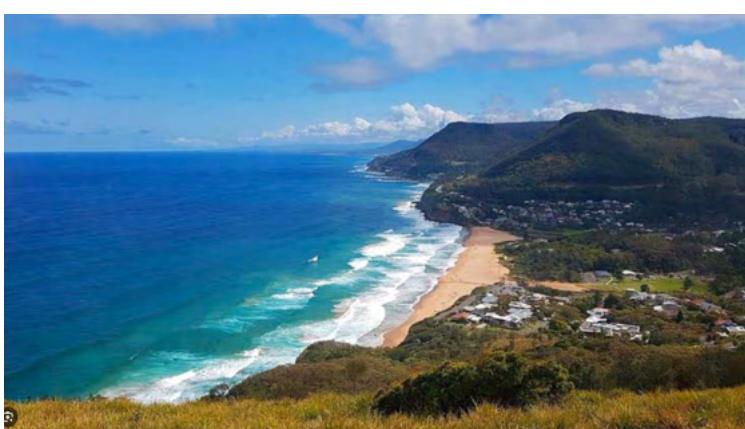


Snakes, spiders and wildlife

There is a lot of bush land very close to the site. Please be aware there may be snakes and spiders around. This includes in the pool so have a quick look before jumping in. Kangaroos also frequent the site. Please keep your distance, they are wild.

Stanwell Park Beach. Bald Hill, Sea Cliff Bridge

The beach is located a short drive from The Tops. This is a patrolled beach so please swim between the flags. There is also a children's playground in the park.



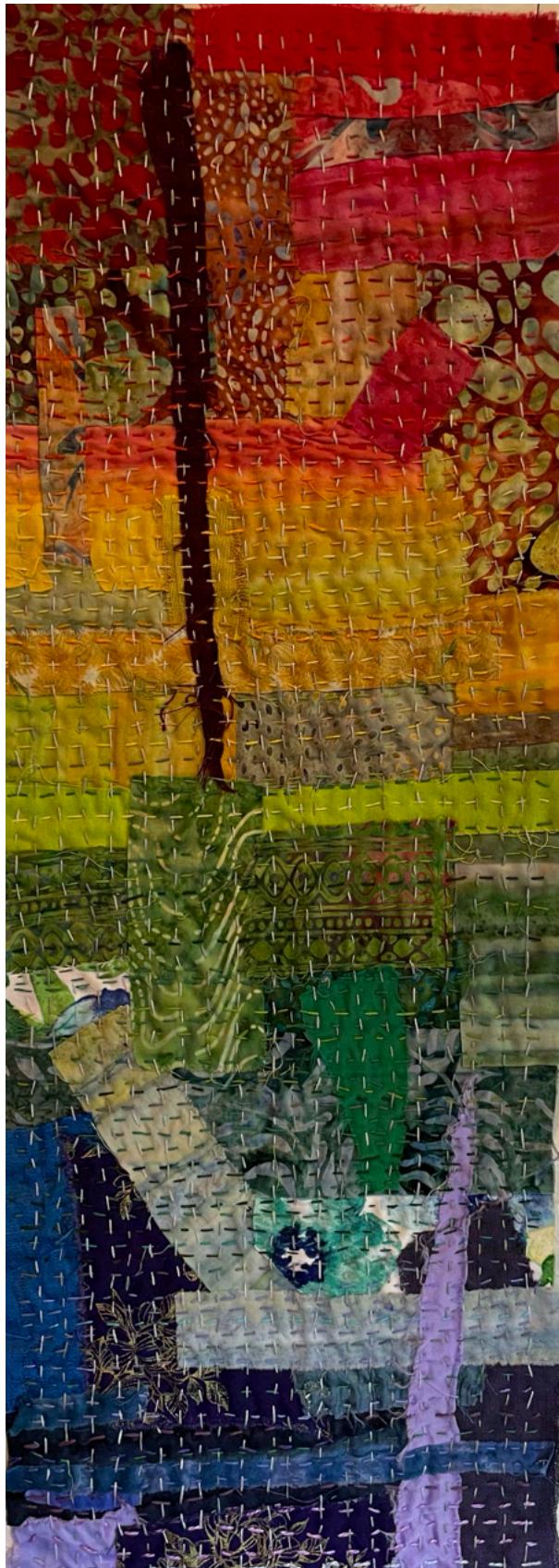
Bald Hill is just down the hill from Stanwell Tops. There is often hang gliding from here if the wind is right.



Sea Cliff Bridge is a short drive down the coast. You can walk across it or do a short walk up to the lookout. (Picture by Kramer Photography)

Mindfulness slow stitching (by Carolyn)

There will be supplies to join in with an informal slow stitching project. If you'd like to bring your own needle (chenille 22 or embroidery 7 or 8 would be good) and scissors then please bring them along. Fabric, threads and pins supplied. There will also be some packs made up with fabrics, threads, and a needle which people can use. (A small donation would be appreciated if using a pack)



The pack pictured above has all you need to make a project similar to those pictured here. The left one has not been stitched. Once the threads are in, the look changes dramatically



Attendees and room numbers

Rooms in Boronia have a keypad on their bedroom doors with a code.

The Retreat has a front door code but doesn't have separate bedroom codes.

On arrival you will be given either your bedroom door code or front door code.

Cliff Adamou - Boronia 16
Julie Beynon - Boronia 14
Darren Brunne - Boronia 10
Elijah Brunne (16) - Boronia 10
Melody Brunne (13) - Boronia 10
Nate Brunne - Boronia 10
Renee Brunne - Boronia 10
Xavier Brunne (9) - Boronia 10
Michael Chester - Boronia 14
Joel Duckworth - Retreat 3
Julian Duckworth - Boronia 1
Linus Duckworth (9) - Retreat 3
Ruth Duckworth - Boronia 1
Zoe Duckworth (11) - Retreat 3
Graham Hanna - Boronia 4
Anna Heldon (7) - Retreat 5
Carolyn Heldon - Retreat 1
Donna Heldon - Retreat 5
Erik Heldon (7) - Retreat 5
Lori Heldon - Boronia 6
Michelle Heldon - Retreat 2
Murray Heldon - Boronia 6
Sylvia Hicks - Boronia 9
Catherine Horner - Boronia 8
Danita Horner (16) - Boronia 8
David Horner - Boronia 8
Graham Horner - Boronia 15
Ralph Horner - Boronia 15

Skye Horner - Boronia 9
Eva Iken - Retreat 3
Dylan Johnson (16) - Boronia 11
Kristen Johnson - Boronia 9
Liam Johnson (14) - Boronia 11
Wayne Kasmar - Boronia 11
Denis Keal - Boronia 13
Lis Keal - Boronia 13
Elizabeth Kemmis - Boronia 4
Aaliyah Keyworth (9) - Retreat 4
Gill Keyworth - Retreat 4
Jason Martin - Retreat 5
David Moffat - Boronia 3
Pam Moffat - Boronia 3
Audrey Ralls (13) - Boronia 12
Judy Robinson - Boronia 2
Len Robinson - Boronia 2
Aneira Robson (7) - Retreat 2
Azalea Robson (5) - Retreat 2
Debra Thompson - Boronia 7
Howard Thompson - Boronia 7
Vivian Tran - Boronia 9
Joe Vandermeer - Boronia 11
Sarah Walker - Boronia 12
HyungJin Yang - Boronia 5
YoungHee Yeong - Boronia 5

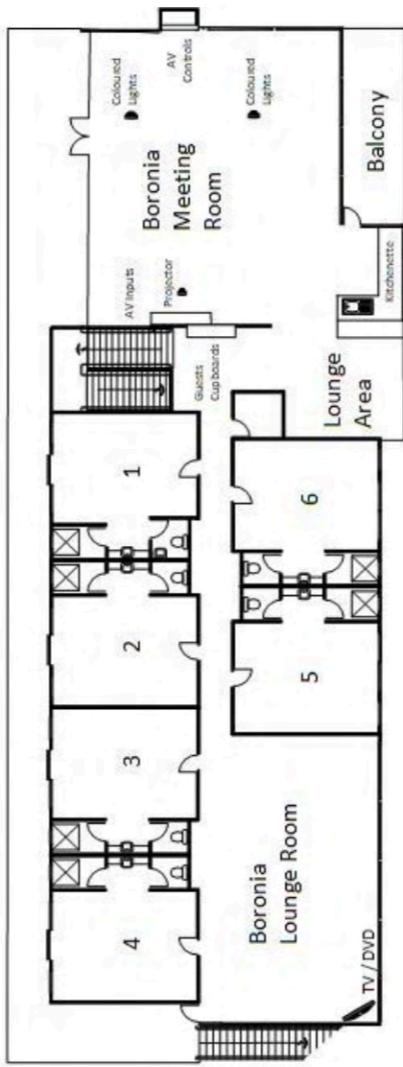
| Time | Thurs 2/1/25 | Fri 3/1/25 | Sat 4/1/25 | Sun 5/1/25 | Mon 6/1/15 | Presenters |
|-------|--|--|---------------------|-----------------------------|-------------------------------|----------------|
| 8:00 | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | David Moffat |
| 9:00 | Devotions | Devotions | Devotions | Devotions | Vacate rooms by 10 am | Sarah Walker |
| 9:15 | Kids Sessions | Julian/Hyunjin/Ruth | Julian/Hyunjin/Ruth | Julian/Hyunjin/Ruth | Julian / Hyunlin/Ruth | |
| 9.15 | Adults Sessions | Things that matter to me | Me and God | How God does things for us | Howard Thompson | |
| 9.15 | Darren | Sarah | Howard | The New Church and Stoicism | Darren Brunne | |
| | A Sacred Circle | Working with Dreams The Hyden Projective Method | | Closing Worship | Donna Heldon/Julian Duckworth | |
| 10.30 | Morning Tea | Morning Tea | Morning Tea | Morning Tea | Morning Tea | Joe Vandermeer |
| 11.00 | Creative Kids | Creative Kids | Creative Kids | Creative Kids | Vacate Boronia By 12.00 | Hyunlin Yang |
| 11.00 | Kids may choose these too | David | Joe | Hyunlin Yang | | |
| | Getting involved on Social Media | Aladdin | Tao of the Pooh | | Lunch 12.00 | |
| 12.00 | | | | | DEPART | |
| 12.30 | Lunch | Lunch | Lunch | Lunch | | |
| 13.30 | Activity – Bottle Rockets | Activities – Cart racing or Pool time | Activity - Archery | | | |
| 15.00 | Afternoon tea | Afternoon tea | Afternoon tea | Afternoon tea | | |
| 16.00 | Afternoon sessions A | Sarah | David | Donna/Julian | | |
| | | Heaven is not a place but a state of life. | Swedenborg 101 | Our shared spirituality | | |
| | B | Howard | Darren | | | |
| | Please arrive after 4 pm | Living in the world not of the world | A Sacred Circle | | | |
| 18.00 | Dinner | Dinner | Dinner | Dinner | | |
| 19.00 | Welcome and introduction David, Carolyn, Ruth | | | | Supper | |
| 20.30 | Supper | Supper | Supper | Supper | | |
| 21.00 | Meditation | Meditation | Meditation | Meditation | Meditation | |

The Tops Site Map

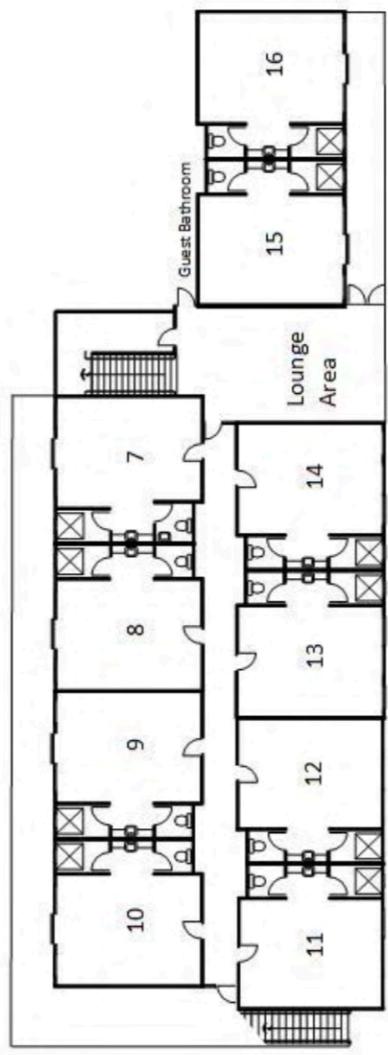


Boronia Site Information

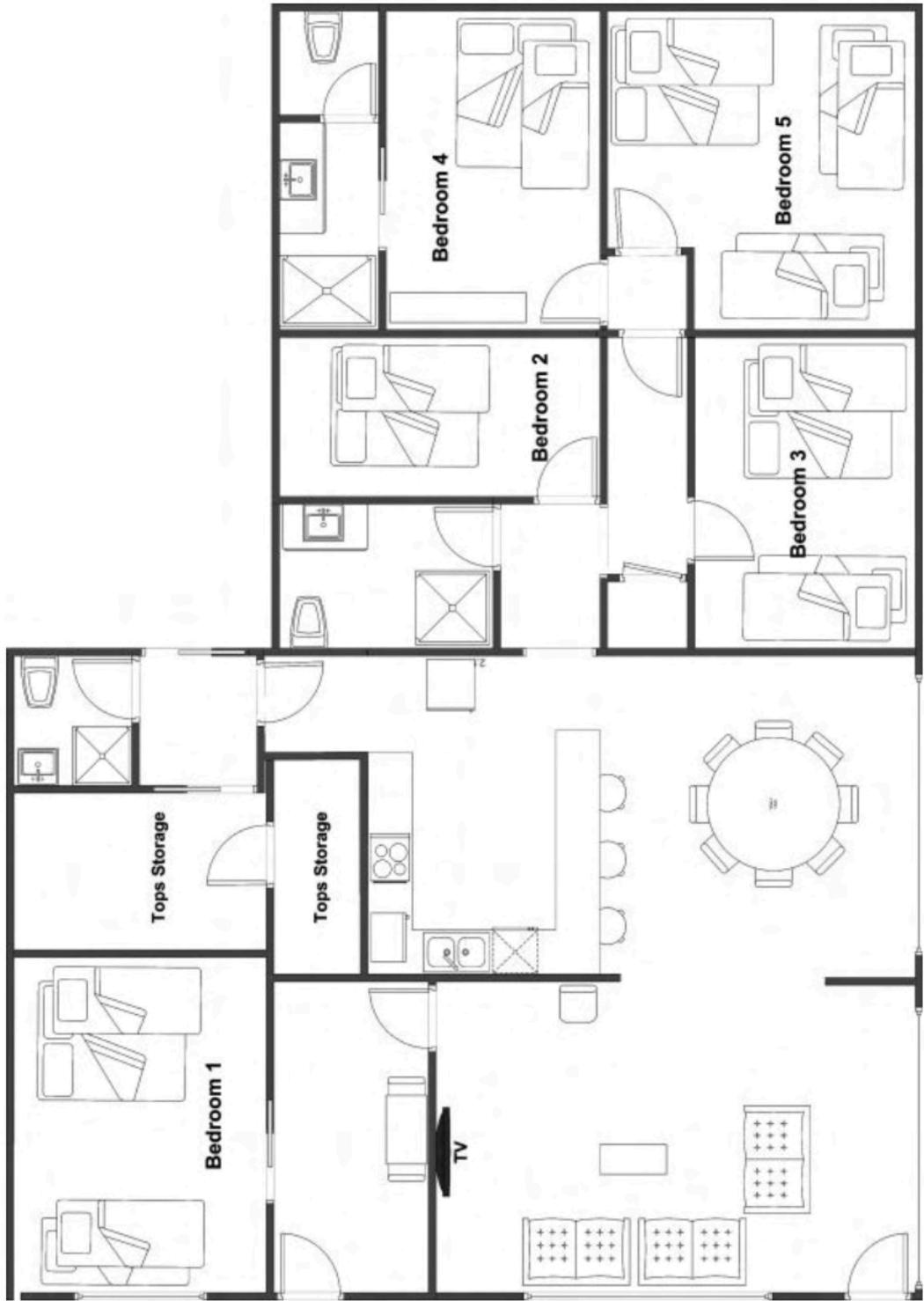
Top Floor



Ground Floor



The Retreat Site Map





To: The Churches of Christ Property Trust
(This form will be retained by 'The Tops'
If you require a copy, please arrange it prior to arrival)

A

PARTICIPANT DETAILS

Name _____ The participant's age _____

Address _____

P/code _____ Phone. (H) _____ (W) _____

Name of Group _____

B

The participant warrants:

the participant is a member of the following medical fund _____

the participants member number of that fund is _____

the participants Medicare number is _____
that apart from the "Disclosed matters" the participant has no current illnesses, injuries or other adverse medical condition and is in good health. The disclosed matters are: The participant should here set out any illness, adverse medical condition or ill health from which the participant is suffering or has suffered or write NIL.

Note: If the above information has already been collected by the organiser then only Part C needs to be added and supplied to the Tops.

C

ACCEPTANCE / ACKNOWLEDGEMENT OF RISK

The participant acknowledges that a reference to The Trust in this section C includes its servants and agents and further acknowledges that by reason of the nature of activities in which the participant may participate in at The Tops Conference Centre (site) that there is a risk of injury to the participant and/or a risk of an adverse effect to any current or past medical condition of the participant. The participant acknowledges and agrees that the participant accepts that the participant engages in activities on the site at the risk of the participant. The participant gives the trust authority, where circumstances deem it necessary, to obtain medical and ambulance assistance for the participant in the case of the participant suffering injury or ill health while on the site. For risk assessment information please visit www.thetops.com.au and follow the links to risk assessment.

Participant Signature _____ Date _____

Parent/Guardian Sign. (u18s) _____ Date _____

Relationship to Participant _____

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