

To Tune of "Over the river and through the woods"

Verse 1:

Over the river and through the woods
to Capon Springs we go,
In all of our cars we come from afar
To get to CFO!
We climb the hills and cross the
streams, see the beauty of the trees.
At journey's end we'll greet our friends,
How happy our hearts will be!

Verse 2:

We're quiet and pray as we start our day
in the presence of the Lord.
We'll worship the King as we dance and
sing,
Our hearts will be restored!!
Coming to Capon is so much fun,
We're filled with joy and love.
May Thy Kingdom come, Thy will be done
on earth as in heaven above!!

Capon Springs Creative Music 2017
led by Ruth West



SAVE \$20.00!

If Registration is postmarked by
August 22, 2021

ACCOMODATIONS

Capon Springs CFO is held at a beautiful, secluded mountain resort featuring a spa, sparkling water provided by underground springs, and clean, invigorating air. The food is grown organically right on Capon Springs Farms. Delicious, ample meals are graciously served family style.

At Capon, you'll enjoy incredible mountain scenery as you rest from all the noise that makes up much of modern life. You may golf on the hilltop course, play tennis, hike up mountain trails, and visit the natural water source.

Or you may prefer to sit in a rocker on the spacious stone patio and munch on a locally grown apple, read a good book, put a puzzle together, chat with old and/or new friends, or just doze by the massive fireplace.

This place is NOT "high hat"; so you can relax and truly learn to enjoy "mountain-top" life. Our hosts are warm in their welcome and show concern for CFO objectives. The traditional flag-raising before breakfast, preceded by coffee on the terrace, will become a heart-warming memory for you. The lovely trees and grounds, sweet aromas in the dining hall, the smell of a wood fire, and a kaleidoscope of autumn foliage form an unforgettable backdrop for making warm Christian friendships that will last a lifetime.

HOW TO GET THERE:

Capon Springs and Farms is located 31 miles from Winchester, VA, or 102 miles west of Washington, DC.

FROM THE EAST: From Winchester, VA, take Rt. 50 west for 12 miles. Turn left on Rt. 259 and go 14 miles to Capon Lake. Turn left on Rt. 16, Capon Springs Road; cross the bridge, and go 4 miles to Capon Springs.

FROM THE WEST: Drive east on Rt. 50 to 5 miles east of Capon Bridge. Turn right off Rt. 50 onto Rt. 259. Go 14 miles to Capon Lake. Turn left on Rt. 16, Capon Springs Road, cross the bridge, and go 4 miles to Capon Springs.

FROM PITTSBURGH: Take PA Turnpike east to Breezewood. Take I-70 East (South) to Hancock, MD. Follow Rt. 522 south through Berkley Springs, WV, toward Winchester, VA, to Rt. 37. Turn right onto Rt. 37, going west/south to Rt. 50. Take Rt. 50 west for 12 miles. Turn left on Rt. 259; go 14 miles to Capon Lake. Turn left on Rt. 16, Capon Springs Rd.; cross bridge; go 4 miles to Capon Springs.

CAMP RATES:

Registration - **\$80.00** per person if **postmarked** by August 22, 2021 and **received** by August 31, 2021
\$100.00 if received after September 1, 2021.

Room and board:

Room with private bath - \$625.00

Room with just running water - \$545.00

Third person in room - \$365.00

(Prices include all gratuities. Payable by cash or check; no credit or debit cards.)

Capon Springs policy makes meals available to overnight guests only.

WHAT TO BRING

- A heart hungry to hear from God!
- Your Bible and materials for taking notes.
- Casual clothing for warm, cold, or rainy weather—or even snow! Expect anything! Be ready to "layer" if necessary!
- Comfortable shoes (low heels or no heels).
- A flashlight.
- Your golf clubs, if you golf. (Use of the golf course is available for a small fee.)

Rich Dell, Registrar

62 Dell Lane, Elkton, MD 21921

Phone: (410) 398 - 0682 (H)

(410) 920 - 4594 (C)

E-mail: thedells2@verizon.net

ROOM ASSIGNMENTS...

...are made by the **REGISTRAR** upon receipt of your registration fee in the order received. Payment for room and board is due when you arrive. We will attempt to accommodate advance requests.

WHILE AT CAMP:

Phone: (304) 874-3695

Mail: Camp Farthest Out
Capon Springs and Farms
Capon Springs, WV 26823

Web site: www.caponspringscfo.org

SORRY, **NO** PETS ALLOWED!

COME JOIN US AT
CAPON SPRINGS

CFO

FOR A
**MOUNTAINTOP
EXPERIENCE!**



Oct. 31 to Nov. 5, 2021
Capon Springs and Farms
Capon Springs, WV

An interdenominational spiritual life
retreat centered in Jesus Christ

Beginning with dinner on Sunday
and ending mid-morning
on Friday

WHAT IS CFO?

Camps Farthest Out are inter-denominational gatherings in the United States and Canada and—via CFO International—around the world. We practice Christian disciplines, emphasizing prayer. We bask in the love of God the Father, enjoy communion with Jesus His Son, and receive guidance from His Holy Spirit, thus becoming the Body of Christ through our fellowship together.



CFO was founded in 1930 by Dr. Glenn Clark, college professor, athletic coach, and man of prayer. He taught that trusting God eliminates selfishness, worry, and self-consciousness.

CFO IS an opportunity to:

Discover one's TRUE Christ centered self—

Learn to pray alone and with others —

Live in the Kingdom of God, here and now—

Fellowship with others in seeking and finding God.

CFO IS NOT:

A church. All campers are urged to faithfully support the church of their choice. CFO intensifies one's effectiveness in his congregation's activities.

An organization. There is nothing to join. We are rather a living organism, growing through our own relationship with our Lord Jesus Christ.

**A Capon Springs fireplace—
the perfect spot to
warm your hands
and backside on a
frosty mountain
morning!**

The Lord will minister to us through...



Pam Morse

has been mightily shaped by CFO and desires to give back to the movement through speaking at camps across the continent. A CFOer since high school,

Pam even spent her honeymoon at her home camp. Her temperament is a curious blend of contemplative (she loves silence) and exuberance (she loves rhythms). Since 1990 Pam and her husband, Earle, both ordained ministers, have been serving the Lord through a ski resort ministry located at Sugarloaf in Maine. They love the outdoors and enjoyed raising their two sons, Ben and Sam, in their small mountain community. Pam recently completed her Doctorate of Ministry degree, a lifelong dream and a great cure for the empty nest syndrome. Pam firmly believes that the kingdom of God is breaking out all around us; the challenge is to see it and join in the celebration, for she truly believes that the Kingdom of God is a party.



Wayne Heberlig

planned to pursue a career in math as a college senior, earning a PhD before age 25 and becoming a college professor. But that plan col-

lided with God's purpose for his life; he experienced a clear call of God to pastoral ministry, attended Seminary, and has served the Lord ever since seeking to bless the Body of Christ. Wayne's passion is to do everything possible to *enable others to JOYFULLY follow Jesus!* His heart's desire is: 1) to teach people to worship; and 2) to teach people how to live. His personal life experiences have provided many opportunities to apply Biblical truths and watch as the Spirit has worked His changes into his life and the lives of others. Wayne married his high school sweetheart, Chris. Together they led youth ministry in CFO for several years. They have four children and eight grand-children.



Nancy and Bryan Holland will lead us in Worship and Rhythms.

NANCY, raised in a Christian home, was always "...glad when they said... Let us go into the house of the Lord." At a young age she began accompanying choirs and worship services at her church and at camps, schools, children's homes, and even jails. She enthusiastically incorporates a variety of musical styles: traditional CFO songs, contemporary praise, and Black gospel. She recently retired after 26 years as an orthopedic nurse at a large trauma hospital. She serves her inner-city church with her music and in Latino ministries, teaching, leading worship, and performing one-woman Biblical dramas. Her favorite job at her home camp in TN is prayer hostess. Lately the Lord is teaching her in the midst of trials "to count it all joy," for His grace is indeed sufficient.

BRYAN has been involved with CFO since age 5! He and Nancy have been leading worship at various CFO camps since 1992. "It is a good thing to give praise to the Lord; it's all about Him and what He does in us and through us. CFO is a place where people of all persuasions can come together and worship the Lord as one." Bryan is very active in his inner-city after retiring recently after 33 years as a Respiratory Therapist at a large hospital. He's enjoying Kingdom Living at a new and different pace. He and Nancy have 6 grown children and 10 grandchildren.

The mission of CFO is to provide a Christ-centered, Holy Spirit-led program through which people can discover the Kingdom of God in the midst of today's world.

REGISTRATION FORM

(If needed, you may copy this brochure.)

Camp Dates: October 31 to November 5, 2021

Registration deadline: October 15, 2021

Name _____

Address _____

City _____ State ____ Zip _____

Email address _____

Home Phone (____) _____

Cell__ or Work__ (____) _____

Roommate preference: _____

First time at CFO? Yes ___ No ___

Name as you want it to appear on nametag:

(1) _____

(2) _____

Room preference: (check one)

With running water ___ With private bath ___

If you have a handicap or a special need, please enclose a note explaining it in detail.

SCHOLARSHIPS: A limited number of scholarships are available to FIRST-TIME campers. Applicants are asked to pay registration and \$100.00 towards the cost of room and meals. For information, write, call, or email registrar, Rich Dell.

Register on-line at:

www.cfonorthamerica.org

Also, send this form and your registration

fee of \$80.00 per person (\$100.00 if post-marked after 8/22/2021), payable to "CAPON SPRINGS CFO" to: **Registrar, Rich Dell**.

Contact information is on back.