

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