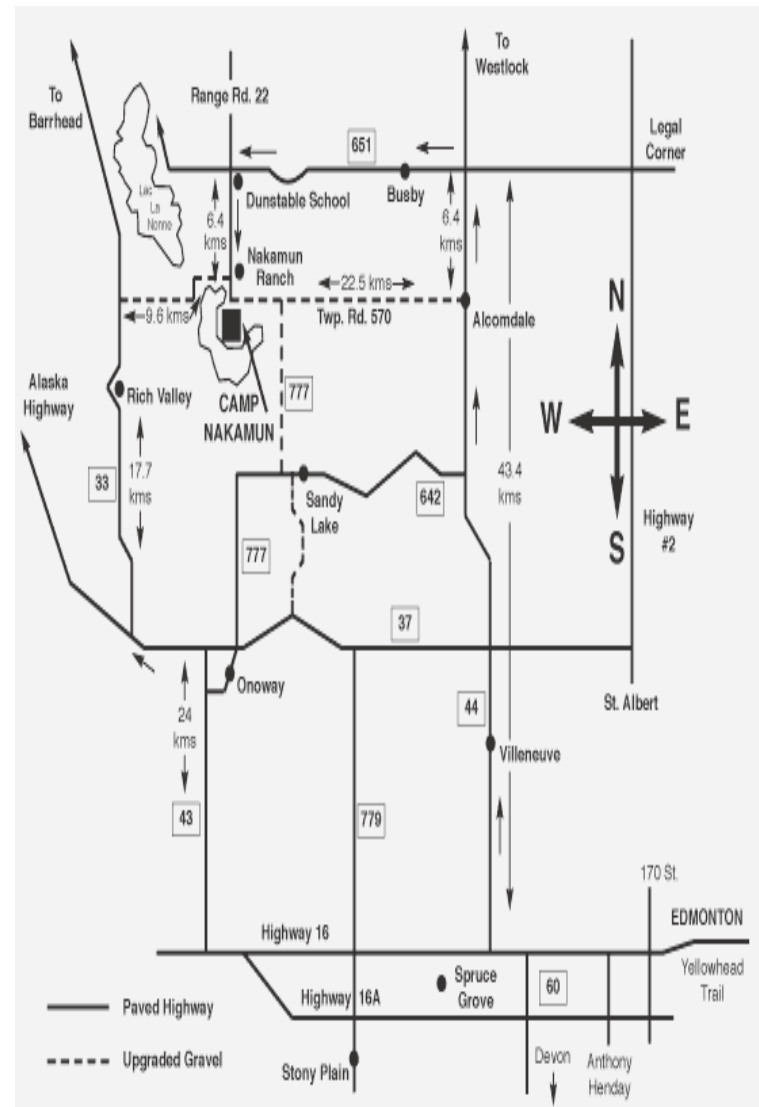


WECRC WOMEN'S FALL RETREAT 2009

*Living
in the
Moment!*

**September 18-20
Camp Nakamun**



Retreat Information

Retreat Focus – Living in the Moment: A Christian Perspective

Retreat Speakers – Jeananne Kathol Kirwin & Dr. Janet Greidanus

Accommodations: Cute new cottages. Sleeping quarters and bath rooms are shared between 4-5 women.

Menu: All our meals will be provided by the retreat staff and will be served in the camp dining hall. Dietary needs should be discussed with the kitchen staff.

WHAT TO BRING: Pillows, linens or sleeping bag, warm clothes, casual clothes, bathing suit, towels, Bible, pen, paper, games, musical instrument, gift and snack. All personal items such as soap, shampoo, towels, hair dryer, bug spray, etc.

Please bring snacks to share with the group (eg. crackers and cheese) as well as a wrapped used or regifted gift for our regifted gift exchange. Be creative!

CAMP NAKAMUN: is an alcohol and smoke- free camp. Please respect their wishes.

Registration payment must be received by September 13.
Your \$135.00 Registration Fee covers all meals, lodging and retreat activities. Please hand in to church office or box #248.

SCHEDULE AND RETREAT EVENTS

FRIDAY

Relax, settle in and enjoy

7:00 pm... Check-In & Registration

7:45 pm... Welcome

8:00 pm ... Session #1 – Greetings from Cool Breezes

10:00 pm... Free Time

SATURDAY

Rise, shine.... enjoy

8:00 am... Breakfast

9:30 am... Morning Devotions

9:45 am... Session # 2 – Living in the Moment I

12:00 pm... Lunch

1:15 pm... Session #3 – Living in the Moment II

3:15 pm... Free time (swimming, canoeing, human foosball)

5:30 pm... Supper

7:15 pm... Regift Exchange – Be Creative!

8:30 pm... Games

9:45 pm... Devotions ~ singing by campfire

SUNDAY

Homeward bound...enjoy!

8:00 am... Breakfast

10:00 am... Rooms must be cleaned

10:30 am... Worship Time

12:00 pm ... Lunch & Check-out