### 2019 NE Area Women's Fall Retreat Agenda



Come for a weekend of relaxation and fellowship.

Parlicipale in activities designed to relax & renew your



## Body, Mind & Spirit

#### FRIDAY, November 1st:

- $\Rightarrow$  4-6pm: Registration
- $\Rightarrow$  6:00 Dinner
- $\Rightarrow$  7:30 Inspiration Point Devotion (transportation available as needed)
- $\Rightarrow$  8:30 Candlelight Group Labyrinth Walk
- ⇒ 9:15 Campfire & Cocktails

#### **\$ATURDAY, November 2nd**

- $\Rightarrow$  7:30am Inspiration Point Devotion or Labyrinth Solo Walk
- ⇒ 8:15 Breakfast
- $\Rightarrow$  9:00 Welcome
- $\Rightarrow$  9:30 Keynote Speaker Dr. Kathy McCallie
- $\Rightarrow$  10:45 Workshop Session I
- $\Rightarrow$  12:00 Lunch
- $\Rightarrow$  1:15 Workshop Session II
- ⇒ 3:00pm Door Prizes, Installation of new Officers, Closing Worship with Communion

#### **WORKSHOP DESCRIPTIONS:**

• Bible Journaling—led by Rev. Kelley Becker. Learn how to illustrate your favorite scriptures.



- Sugar Scrubs—led by Rev. Darlene Martinez. Make a variety of sugar scrubs, try them out and hydrate your body.
- Inspirational Wood Signs—led by Cheryl & Ashley Pease. Paint an inspirational word or phrase on a wood sign to decorate your home for fall.
- Nature Walk—led by Jan Forthman. Connect with God our Creator through exploring the grounds at Camp Christian.







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### **Outreach Project**

To benefit Disciples Village,

an Assisted Living apartment complex in Tulsa.

Please bring Donations!

- Kleenex
- Denture Cream
- Paper Towels
- Napkins
- Dish Soap, prefer Dawn
- Toothpaste
- Hand Soap

# **Chair Massages**

Will be available on Saturday during the workshops.

Pricing and sign-up available at registration table on Saturday



## Shop at the "Mercantile" Friday and Saturday

Featuring products for pampering, as well as items created by JustHope vendors.

#### **Silent Auction**

Bid on packages designed for your relaxation and renewal. Proceeds benefit Camp Christian.