

Welcome to the 2024 Women's Retreat

“Journeys of Faith”

Greetings in Christ!

We're glad you have decided to participate in the Women's Retreat! We are looking forward to coming together as God's people for a time set apart that is meaningful and rejuvenating. Here are some things to know as we prepare for our time together.

Heartwood Transition to Trinity Woods

If you've been to Heartwood Conference Center before, you know it is a comfortable lodge setting in nature, on a lake. Aaahhh! A great place to relax and unwind in nature. Heartwood has been purchased by another owner and its new name is Trinity Woods. It's still the same, beautiful place. They are in the process of changing signage and print materials to reflect the new name. So, you may see “Heartwood” on some things and “Trinity Woods” on others. It's all the same place!

Schedule

Our first scheduled event is dinner at 6:30 on Friday, April 19, in the main lodge. You are welcome to arrive beginning at 4:00 PM to settle in to your room and enjoy the grounds. Come to the main lodge to check in. Enclosed is our “Schedule at a Glance.” We've structured our time to include a comfortable mix of group time and free time. We don't start too early or go too late. There will be a large chunk of free time on Saturday afternoon. On Sunday morning we will have a nice hot breakfast at 8:00, and our closing session and worship will start at 9:00. We plan to be done by 11:30. We will provide a list of restaurants en route between the retreat center and home if you'd like to stop for lunch on the way home.

Theme and Group Sessions

As we explore our theme, *Journeys of Faith*, we will look at the faith journeys of women of the Bible and also reflect on our own faith journeys. To begin our first session, we will do an opening activity of introducing ourselves by with a Show-and-Tell object. So, think about what you want to bring that you can use to tell others about who you are.

There will be several monologue stories told from the perspectives of biblical women. We will need a few volunteers to read these stories. If you'd like to portray one of these biblical women, please talk with Pastor Marla.

Our closing worship service will be a communion service. If you'd like to provide special music, read a scripture, or assist with serving communion, let Pastor Marla know. If you play an instrument, bring it with!

Meals and Snacks

We have some yummy meals planned. They include champaign chicken, taco buffet, pasta buffet, and breakfasts buffets. The buffets will allow you to choose what you like from a mix of options. If you have special nutritional needs, the chef will prepare a special meal for you, and it will be served on a covered dish with your name on it. Just let us know if you have special needs.

We can have whatever snacks or drinks we want to bring in our sleeping rooms and in the lounge area of the buildings with the sleeping rooms. However, we cannot bring our food or snacks into the main building where we will be having our meals and sessions. We encourage you to bring snacks to share and put them in the lounge where our sleeping rooms will be. You are welcome to bring your own wine, beer or other beverages of choice and enjoy them in your room or on the grounds but not in the main lounge.

Service Project and Donation Opportunity:

Some of you may have been a part of a Days For Girls sewing event which was held at our church several years ago. This organization makes and compiles reuseable menstrual supplies for girls and women around the world. As part of our retreat, we will be collecting and preparing washcloths and panties for donation to Days for Girls. No sewing needed for this project! If you are able, please bring washcloths and/or panties to the retreat to be donated, within the following guidelines:

- Washcloths: Cotton please – no microfibers
 - o Medium to dark colors preferred
- Panties: Cotton or cotton blends – no nylon
 - o Medium to dark colors to hide stains (if you buy a multipack that includes white, we can still donate them and the organization will dye them a darker color)
 - o Briefs and “hipsters” are the best styles – no thongs or boyshorts
 - o Mid-range sizes – eg. girl’s sizes 8-16, or women’s sizes 5-8
 - o Solid colors or basic prints are best; no prints of animals, food, or faces

As part of this service project, we will be folding the washcloths and panties as needed to fit into the kits that are sent (not quite origami, but close!!)

Activities

There are lots of activities we can do on Saturday afternoon during free time. This will be a chance to participate in the Days For Girls service project, to walk the labyrinth, to hike the trails, to journal, reflect on your faith journey, to relax and spend time with friends. If you have a favorite hobby that lends itself to doing while on retreat, bring whatever you need to do it.

In addition, there are many activities available on the grounds including: Boating – fishing boats, kayaks, canoes. Fishing gear and life jackets are available. Pickle ball, tennis, volleyball, horseshoes, disk golf. All the equipment to do these things is available and free of charge.

What to Bring

Comfortable clothes – dress in layers and dress for the weather

Comfortable walking shoes – if you want to hike

Your Bible

Pen or pencil

Snacks to share

Beverages of your choice

Show-and-Tell object to introduce yourself at the opening session

Days For Girls donation of supplies (see above for details)

Musical instrument (if you play one)

Journal (if you like to write in one)

Materials to do any hobbies or activities during free time

Money – Check for the balance of the \$250 retreat registration fee. Money for any food, gas or other items bought en route, or for offering. All expenses are paid during the retreat.

2024 ASLC Women's Retreat Registration

Name: _____

Address: _____

E-Mail: _____

Phone: _____

Emergency Contact Name and Phone Number:

Special Requirements (i.e. dietary, allergies, mobility):

Roommate Preference (contact Lisa Schlotterback if you would like to get names of possible roommates):

_____ I would be willing to drive other attendees to the event.

Number of passengers you can accommodate _____

_____ I would prefer to carpool with someone else to this event.

_____ Deposit of \$100 included with the registration.

_____ Full payment of \$250 included with registration.