

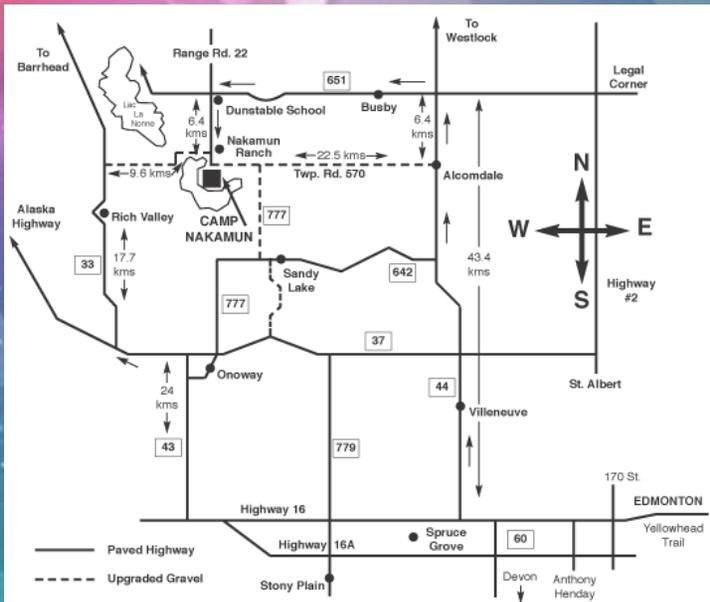
What to bring

- Bed Linens
- Towels & Facecloth
- Toiletries
- Coffee Mug / Water Bottle
- Indoor Shoes or Slippers
- Games or anything you'd like to do during free time
- Any snacks or beverages you'd like to keep in your room
- Pillow
- Casual Clothes
- Swimsuit for indoor pool

***** Alcohol and illegal drugs are strictly prohibited at Camp Nakamun and anywhere on their property *****

Ladies Retreat Planning Team

Becca Hunter Rachel Tops
Tania Brunet Tina Barrett



Ladies Retreat

April 21 - 23, 2017

Camp Nakamun
Busby, Alberta

Retreat Details

Come join us for a fun-filled weekend as we hear from best-selling author Karen Ehman and learn how to **LET IT GO**. Through this humorous, yet thought-provoking video series, you'll discover for yourself the freedom and reward of living a life 'out of control', in which you allow God to be seated in the rightful place in your life. *Let It Go* will gently lead you out of the land of over-control and into a place of quiet trust. You'll enjoy fun and fellowship with other women, laugh lots, shed a few tears, eat, stay up late, make new friends and enjoy old friends.

It's a weekend you don't want to miss!

Time: Registration starts Friday at 6:00pm and our first session begins at 7:30pm. We'll kick things off Friday night with a chocolate fondue party and some fun games! Retreat concludes Sunday at 1:00pm.

Accommodations: Rooms are set up to be shared by up to four ladies. Each room has a double bed, a single bed, a bunk bed and a private bathroom with shower. Please bring your own bed linens.

Food: The camp has a wonderful cafeteria where meals are served family style. Please indicate on the registration form if you have any dietary restrictions. The camp does not provide snacks between meals, but you are more than welcome to bring your own to keep in your room.

\$175.00 per person

This price includes 2 nights accommodation, 5 meals, workshops and all other supplies.

To reserve your spot, return the registration form with a \$50 non-refundable deposit. **SPOTS ARE LIMITED** so please register ASAP. Registration is limited to women who are 18 years and older.

Final payment is due by March 31st.

If you would like to attend the retreat, but the cost is beyond your means, please contact Tania Brunet for a confidential conversation.

Workshop Details

Here is a sneak peak at the fun workshops we will be offering at the retreat! Workshops are optional... you may attend as many or as little as you are interested in.

Please indicate on your registration form which workshops you would like to participate in.

Prayer Journals

In this workshop we hope to encourage you with a word about prayer: how we should approach prayer and how God answers our prayers.



Love One Another Canvas Painting

This workshop will teach you hands on tips and tricks for blending acrylics to create a beautiful painting in your color choice based on John 13:34. You will get to bring home a 9x12 canvas that YOU painted!



Homemade Dips, Rubs & Spice Blends



In this workshop we'll learn how to use different spices to make tasty dips, rubs for meat and jarred spiced blends.

You'll make three different dip blends, one rub blend and one spice blend to bring home. We'll also have some homemade dip samples for you to snack on!



Photo Display Boards

Such a cute way to display your photos and super easy to switch out the pictures when you need to!

You choose your paper and your color accents when you arrive at the workshop. You just need to choose on your registration form which of the four sayings you'd like to use on your board.

