

Camp Gifford
3846 N Deer Lake Rd.
Loon Lake, WA 99148

N Deer Lake Rd.

Directions to CAMP GIFFORD

- Take Hwy. 395 North from Spokane.
- Turn right on North Deer Lake Road (about 4 miles past Loon Lake or 1/2 mile past mile marker 193).
- Go straight to the lake on North Deer Lake Rd.
- Veer left when the road forks.
- Go through "Pineflow Camp."
- 1/2 mile further watch for our sign. (We have green fences on both sides of the road.)

DIRECTIONS

United Church of God
P.O. Box 28868 Spokane, WA 99228-8868

For further information, contact:

Michelle Mickelson
Home: (509) 466-4899 Cell: (509) 280-3004
Email: mommickelson@gmail.com



RUNNING WITH HORSES

SPOKANE LADIES' RETREAT

MAY 15-17, 2015

Indeed, if you run with others on **F**oot,

And they tire you out,

how can you compete w**I**th horses?

You are secure in a land a **T** peace,

but how will you do in t**H**e thicket of the Jordan?

Jeremiah 12:5 (ISV)

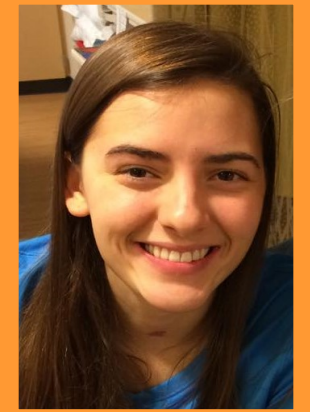


Glue registration form here.

SERVICE PROJECTS

Support one or both

Megan Goethals would love to run again. A familiar face to numerous congregations along the Pacific Northwest coast and at the Northwest Teen Camp, Megan has always been very athletic. Unfortunately, in the fall of 2014 she was hospitalized and diagnosed with Guillain-Barre syndrome, a serious disorder that occurs when the body's defense (immune) system mistakenly attacks part of the nervous system, resulting in severe muscle weakness among other issues. After spending months in the hospital and rehab, Megan is now recuperating at home—but she still faces a challenging recovery. Your donations towards her ongoing medical expenses would be deeply appreciated by the family.



Pajama Program is a 501(c)(3) non-profit organization which provides new pajamas and new books to children in need, many who are waiting and hoping to be adopted. These children live in various situations including group homes, shelters and temporary housing facilities and are shuffled often from one place to another. Many of them have been abandoned, abused or neglected. Most of these children have never enjoyed the simple comfort of having a mother or father tuck them in at bedtime with warm, clean pajamas and a bedtime story. The Pajama Program has a goal of providing 1 Million Good Nights to children in need by Dec. 31, 2015. Pajamas and books need to be new and unused and the pajamas should be a complete set or nightgown. We are collecting for children ages 6-18.



The women of the Spokane United Church of God congregation cordially invite you to attend our 18th annual Ladies' Retreat.

*Running requires physical fitness.
Running the race to God's Kingdom requires spiritual fitness.
As ladies in God's church it is our desire to encourage, guide, coach and mentor
one another on this journey.*

Join us as we explore ways we can develop the spiritual fitness necessary to

RUN WITH HORSES





SCHEDULE OF EVENTS

FRIDAY

4:30-6:30 pm Registration and
Settle into Housing
6:30 pm Dinner
7:30 pm Small Discussion Groups

SATURDAY

7:00-8:00 am Morning Walk (optional)
8:00-9:00 am Compass Check (optional)
8:00-11:00 am Latte Stand Open
10:00-10:30 am Hymn-a-long
11:00-11:45 am Brunch
12:30 pm Sabbath Services
Sermon: *Mr. Matt Fenchel*
2:00 pm Group Photo
2:30-4:00 pm Free Time
4:00-4:45 pm Presentation
by Lisa Fenchel
5:00-6:00 pm Interactive Session
6:30 pm Dinner
Evening Optional Activities

SUNDAY

6:30-7:30 am Morning Walk (optional)
7:30-8:30 am Compass Check (optional)
7:00-9:00 am Latte Stand Open
9:00 am Breakfast
10:00-10:45 am Presentation
by Judy Markley
11:00-11:45 am Interactive Session
11:45-12:00 Closing Remarks
12:15 pm Lunch
By 2:00 pm Dorms empty & cleaned
Afternoon Optional use of recreational
facilities (Swimming, paddle
boats, mini-putt, climbing
wall, walking, fellowship,
or just enjoy some quiet time
in the peaceful setting.)

Accommodations

Housing will be in A-frame cabins. There are bunk beds for 12 people on the main floor and two twin beds in the loft. Each cabin has a full bathroom, and there is a separate bath-house with more facilities. Additional housing for those with special needs is available. Please contact us for further details.

Cost

Please see the registration form for detailed price information. Payment can be made in full or installments. If you need financial assistance to attend, or if you can provide some assistance to help someone else attend, please complete the appropriate section on the registration form.

Dress

Dress for the weekend will be casual, however, we request that nice casual attire be worn on the Sabbath. Heels are not recommended since all paths and roads are dirt/gravel.

Registration

The deadline for registration is **May 1, 2015**. Registration fees are non-refundable after this date, as we are committed to make payment based on our contract.

Things to bring

Bedding/blankets/pillow or
sleeping bag & pillow
Personal hygiene items

Towels
Flashlight
Water bottle

Gift Exchange Item

For many years we have had a teacup exchange. Though popular in the past, interest has been waning. This year we will have a simple gift exchange. Bring a “white elephant” gift (which is something nice from around your house) or an inexpensive gift—wrapped nicely—to be displayed and exchanged in an interesting and fun way.



Used Clothing Exchange

You are welcome to bring your gently used clothing (on hangers if possible) to our “Basement Boutique” to share with the other ladies. Any items left at the end of the weekend will be donated to the Salvation Army Thrift Store.

Polar Plunge

Our longstanding tradition is a Polar Plunge into the lake on Saturday night. For those brave few who partake of the chilly waters, a souvenir T-shirt awaits. If you plan to participate, please specify your desired T-shirt size on the registration form.

If you already have the T-shirt please bring it and you will receive a new commemorative pin.

Food

Menus for the weekend will be posted on the bulletin board (in Spokane) and online. Meal tickets will be issued and collected. *If you plan to eat any portion of a meal, you must pay the full price of that meal.* For those with special dietary needs, a table will be designated for you to store and/or prepare whatever food you need to bring. Please review the menu before registering.

Camp Policy

Please note that Camp Gifford’s policies do not permit alcohol anywhere on the property.



REGISTRATION DEADLINE: MAY 1, 2015

REGISTRATION

HOUSING

Name: _____

List the name(s) of anyone you would specifically like to be in the same cabin with you: _____

Address: _____

Phone: _____

Indicate any special housing needs: _____

Email Address: _____

Age Group: _____ Teen _____ Under 30
_____ Handicap/Special Needs _____ Over 30

Church Area: _____

Are you: _____ an Early Riser or _____ a Night Owl

Are you able to take a top bunk? _____ Yes _____ No

Do you snore? _____ Yes _____ No

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REGISTRATION

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FEE SCHEDULE

Please check all that apply:

- Full Registration**\$115.00
(includes 2 nights lodging/5 meals)

A la Carté

Lodging Only:

of nights _____ x \$26 / night =\$ _____

Meals Only:

Friday Dinner @ \$12 =\$ _____

Saturday Brunch @ \$9 =\$ _____

Saturday Dinner @ \$12 =\$ _____

Sunday Brunch @ \$9 =\$ _____

Sunday Lunch @ \$10 =\$ _____

Day Use Fee

(Per full or partial day. Included in full registration.)

Friday @ \$5 =\$ _____

Saturday @ \$5 =\$ _____

Sunday @ \$5 =\$ _____

TOTAL DUE \$ _____

PAYMENT OPTIONS

- Payment in full enclosed.
- Registration only, balance due by **May 1, 2015**.
- I would like to attend, but need some financial assistance.
Enclosed is \$ _____ towards the cost of my registration.
- I have included additional funds to help someone else attend.
Enclosed is my donation of \$ _____.

Taking the **Polar Plunge**?

Please specify T-shirt size (S, M, L, XL, 2X): _____

Are you interested in participating in any of the optional activities after checkout on Sunday afternoon (see schedule)?

Yes _____ No _____

Please register early. Payment may be submitted up until the deadline, but we need to know as soon as possible how many are planning to attend.

Make checks payable to:

United Church of God-Spokane

Mail to → Michelle Mickelson

4929 W Shawnee Ave

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