

For further information, contact: Michelle Mickelson Home: (509) 466-4899 Cell: (509) 280-3004 Email: mommickelson@gmail.com

# FOR YOUR INFORMATION ...

#### 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.

#### COST

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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 to 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.

### **THINGS TO BRING**

Bedding & pillow	Flashlight
Towel	Water bottle

### REGISTRATION

The deadline for registration is MAY 1, 2016. Registration fees are non-refundable after this date, as we are committed to make payment based on our contract.

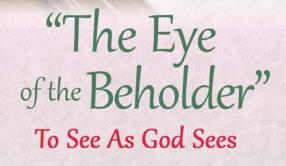
### **MENU / DIET RESTRICTIONS**

Please review the menu before registering. If you plan to eat any portion of a meal, you must pay the full price of that meal. In planning our menu, we do the best we can to accommodate those with dietary restrictions. As last year, the camp will provide substitutions, only if you have reserved them in advance.

Please confirm your dietary needs with Sue Warren: Email: q3suz7@gmail.com or Phone: 509-588-6791

For those with special dietary needs, a table will be designated for you to store and/or prepare whatever food you need to bring.

A copy of the menu and additional information about the weekend is available at: women.ucg.org



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2016 SPOKANE LADIES RETREAT MAY 20~22

The ladies of the Spokane, United Church of God congregation, would like to invite you to attend our 19th annual Ladies' Retreat

# THE EYE OF THE BEHOLDER ... TO SEE AS GOD SEES

"Your eye is a lamp that provides light for the body. When your eye is good, your whole body is filled with light."

Matthew 6:22 NLT

Many factors affect the way we perceive others and ourselves. However, we should be looking at others and ourselves as God looks at us. Join us as we identify and examine some of the filters which we must remove in order for us to see as God sees.

## WEEKEND SCHEDULE

## FRIDAY

4:30-6:30	Registration & settling into housing
4:30-6:30	Clothing Exchange in Lounge
6:30	Opening Remarks & Dinner
7:30	Interactive Session (Pavilion)

### SATURDAY

7:00-8:00	Morning Walk (optional)
7:30-11:30	Latte Stand (Dining Hall)
8:00-9:00	Compass Check (optional in Lounge)
10:00-10:30	Hymn-a-Long (optional in Pavilion)
11:00-11:45	Opening Remarks & Brunch
12:30	Sabbath Services
2:00-4:00	Presentation & Interactive Session
	(Pavilion)
4:00	Group Photo
4:30-6:30	Free Time
6:30	Opening Remarks & Dinner
7:30-8:30	Interactive Session (Pavilion)
8:30	Sundown, various activities

### **SUNDAY**

6:30-7:30	Morning Walk / Exercise Class (optional)
7:00-9:00	Latte Stand (Dining Hall)
7:30-8:30	Compass Check (optional in Lounge)
7:00-1:00	Clothing Exchange in Lounge
9:00	Opening Remarks & Breakfast
10:00-11:30	Outdoor Interactive Activities
11:45-12:15	Discussion of what we have learned
	from the outdoor activities and the
	overall weekend (Pavilion)
12:15-12:30	Closing Remarks
12:30	Lunch

## SERVICE PROJECT AGONA SCHOOL (Agona, Ghana - Africa)

High quality education in rural Ghana is not the norm. Our Ladies' Retreat Service Project sets out to shift this paradigm and to make a difference, particularly in the Agona area where existing grade schools leave much to be desired. It would serve the children attending the UCG Agona church, plus other children in the entire catchment area.

The beneficiary children will have a far better chance of pursuing higher education. This will help eliminate the early school drop-out syndrome with its attendant social problems of teenage pregnancies, drug abuse and mass unemployment.

The most effective, efficient avenue for this building is on a local level. Donations would be greatly appreciated in order to purchase the building supplies and materials necessary. No contribution is too small! Together we can make a difference.



HOUSING:	Sleep preference early to bed stay up late	Do you snore? yes no for the sake of others, if you don't know, please ask someone)
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2016

**REGISTRATION DEADLINE: MAY** 

**REGISTRATION:** 

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-MAIL ADDRESS	
HURCH AREA	

List the name(s) of anyone you would specifically like

to be in the same cabin with you

Special Needs:

no

yes

Can you take a top bunk?