

Women's Retreat at Lake Lucerne Camp

Take Time to Be a Godly Lady

April 24 – April 26, 2020



Registration Info:

Cost \$160 includes 2 nights lodging, 5 meals, 3 workshops, group activities, materials, and more.

A \$60 deposit must accompany your registration or you may pay in full. **Balance is due by April 1st.**

Refunds after April 1st only with substitution.

There are 60 spots available. Register early to save yours.

To register fill out pages 3 & 4 completely and send with a check.

Make checks payable to **Oak Creek Community UMC**
Mail Registrations to
8675 S. 13th Street
Oak Creek, WI 53154

Our Weekend Plan:

Friday: Check-in begins at 5pm in the Ridgewood Retreat Center. Arrive at Lake Lucerne Camp at 5pm or later, as your schedule allows. Take time to relax and socialize. **Bring your favorite games and a snack to share if you like.**

5pm – 7pm – Folk Art Painting opportunity

7pm – Sing-along opportunity

8pm – Orientation (be there if you can)

8:30pm - Mindful Movement opportunity

Saturday: Early risers may take time for Mindful Movement at 7:15am. Then we will have breakfast, group time, and workshops. After lunch there will be another session of workshops and some free time to hike, journal, socialize or nap. After supper we will have group devotion and singing. Then choose an activity: games, puzzles, campfire, sing-along, and social time.

Sunday: Start with Mindful Movement at 7:15am if you like. After breakfast, we worship together then have another workshop opportunity. Following lunch and clean up we will say our good-byes and head for home, refreshed and renewed after time together and with God.

Be cheerful no matter what;
pray all the time; thank God
no matter what happens.
This is the way God wants
you who belong to Jesus
Christ to live.

1 Thessalonians 5:16-18



Massage Appointments

Table and chair massage will be offered. Appointments can be scheduled on a first come basis. They go fast so contact Bonnie to get a preferred time. They are paid for by the participant in cash.

Questions: Bonnie Clement bonnieclement05@gmail.com 262-895-2644

Workshops Available:

SATURDAY 9:45am – 11:45am

Mindful Movement: A Time to Be Still and a Time to Dance. Experience the contrast between stillness and dance as we integrate scripture and song into a healing movement meditation. Learn breathing practices, yoga, free dance, and simple steps to incorporate into your daily routine. Take this time to improve your flexibility, mobility, balance, relaxation, and sleep. Led by Wendi Martell-Daniels.

Prayer – Practicing Our Faith: When it comes to our relationships with God, Jesus, the Holy Spirit, each other, and ourselves, prayer is a vital necessity and not a luxury. In this class we will practice our faith together by experiencing many forms of prayer. We will also discuss what prayer is and why it is sometimes difficult to connect with the Divine. We will hear about the ancient progression of Christian prayer and why prayer is both needed as individuals and as a support to the Body of Christ. As we join together as companions through prayer, we are strengthened on the journey of faith. Led by Pastor Wendee Nitz

Tie Dying: Tap into your creative gifts. Bring a t-shirt or any white cotton item that you would like to tie dye. You will choose from a variety of colors and techniques to create a one of a kind item. It will be a fun filled morning of color, creativity and cool company! Led by Amy & Marlea Johnson

SATURDAY 2:00pm – 4:00pm

Choir: Like to sing? You don't have to be a great singer or even read music. Learn new songs, sing old favorites, and enjoy making music together as we take time to praise God. We will choose a song or two to sing for worship on Sunday. Led by Jeanne Raemisch-Cera & Shelly Swodzinski

Bible Study: Learn to be imitators of God as we take time for discussion and reflection on God's love through the stories of our faith. Led by Pastor Claire Douglass.

Stamping: Make 3 cards with your choice of occasion using preset designs. No stamping experience necessary. Led by Laetita Oliver, Stampin'Up Demonstrator.

SUNDAY 10:00am – 12:00pm

Nature Walk: We will focus on gardening and plants for their healing powers, how they can help with stress and depression, create feelings of well being and reconnecting to yourself, nature, and the world. Led by Susan Scott

Labyrinth: Join us as we learn to use the Labyrinth as a spiritual meditation and prayer practice to get closer to God. Led by Rev. Christal Bindrich

Cooking: We will make Biscotti which means "twice-cooked" in English. They are considered a bit time intensive, but I think they are easy. While we wait for the baking times, we will make ladybug hors d'oeuvres. Led by Melody Orban, Master Gardener. **Limit 14**

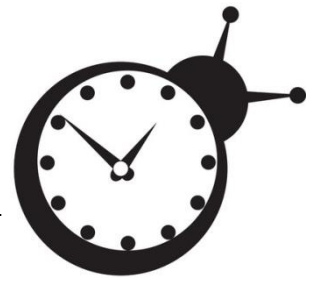
Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

Ephesians 5:1-2



Information we need from you: (please print clearly & sign last page)

Name _____
 Name you want on your nametag _____
 Birth Date _____
 Street Address _____
 City _____ State _____ Zip Code _____
 Telephone #(s) Cell _____ Home _____
 Email _____
 Emergency Contact Name _____ Phone # _____
 Allergies _____
 Special dietary needs _____
 Medical Conditions _____
 Are you certified in First Aid _____ CPR? _____ Other? _____



Workshop Choices: *Circle 1 workshop for each time slot.*

Saturday 9:45 AM	Saturday 2 PM	Sunday 10 AM
Mindful Movement	Choir	Nature Walk
Prayer	Bible Study	Labyrinth
Tie Dying	Stamping	Cooking (Limit 14)

30 Minute Sessions open to all:
 Friday 8:30pm – Mindful Movement for Restful Sleep
 Saturday 7:15 am – Mindful Movement to Step Into the Day
 Sunday 7:15am – Mindful Movement as Healing Prayer

Camp Address: Lake Lucerne UMC Camp is located at W6460 County Rd YY, Neshkoro, WI 54960

Transportation: _____ I will carpool from Oak Creek Community UMC I'm available at _____
 _____ I can drive and take _____ passengers
 _____ I need a ride
 _____ I will provide my own transportation



Lodging Preference: Cabins have 6 rooms with 2 twin beds in each. They have a kitchen with fridge or kitchenette with mini fridge, living room, bathrooms and shower(s). **Bedding and towels are provided.**

_____ I would like to room with _____
 _____ Surprise me with a roommate
 If possible put me in a _____ Quiet Cabin _____ Chatty Cabin _____ I don't care which

Final payment is due April 1, 2020

Cost: \$160 for entire weekend.
 A \$60 deposit MUST accompany pages 3 & 4 of this form
 REFUNDS AFTER April 1st only with substitution.
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But you are a chosen race, a royal priesthood, a holy nation, God's own people, in order that you may proclaim the mighty acts of Him who called you out of the darkness into His marvelous light. 1 Peter 2:9

Harmful drugs such as alcohol, tobacco, etc. are NOT allowed at camp.

(If you need to smoke please do so in your vehicle.)

Waiver, release and consent

CONSENT TO RECORDING AND USE OF PHOTOS AND VIDEO OF CAMPER. Representatives of the camp may record, by video, photograph or other means of reproduction, the Camper's name, voice, image and physical likeness, and may use any such recorded matter for promotional purposes without further consent, notice or compensation.

ASSUMPTION OF RISK FOR CAMP ACTIVITIES. The Camper has my permission to participate in camp and retreat activities, including, but not limited to, swimming and other water activities, canoeing, hiking, ropes courses, horseback riding, rock climbing, campfires, outdoor games, athletic competitions, transportation to and from camp facilities, meals and other activities. **THE CAMPER AND I ACKNOWLEDGE AND KNOWINGLY ASSUME ALL RISKS OF INJURY, DEATH AND PROPERTY DAMAGE RESULTING FROM THE ACTIVITIES.**

WAIVER AND RELEASE. On behalf of myself, the Camper, and our respective family members, heirs and assigns, I hereby release and discharge The Wisconsin Annual Conference of The United Methodist Church and The Wisconsin Conference Board of Trustees of The United Methodist Church, Inc., and each of their officers, directors, members, employees, agents, affiliates, and volunteers, from any and all claims, liability, actions or suits for injury, death and property damage arising from or related to camp and retreat activities. **THE CAMPER AND I INTEND THIS TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.**

By signing below, I, the undersigned, am stating that I am the parent or legal guardian of the Camper whose name is set forth below, and I have the right to contract for such Camper.

DO NOT SIGN THIS AGREEMENT UNTIL YOU HAVE READ IT IN ITS ENTIRETY.

Parent or Guardian's Name (Printed)

Camper's Name (Printed)

Parent or Guardian's Signature

Camper's Signature
(if over 13 years old January 1 of camp year)

Today's Date

Camper's Date of Birth

Today's Date

