

2018 Women's Winter Warm-up Weekend

February 2-4, 2018 plus Early Bird Option, February 1

Theme: *Grace & Peace*



Retreat Speaker: Dr. Michael Wise

We are thrilled and honored to welcome Dr. Michael Wise and his wife, Cathy, to Camp Lebanon for our winter retreat! A Scholar-in-Residence at the University of Northwestern – St. Paul specializing in Hebrew, Aramaic, NT Greek, Archaeology and Church History, Dr. Wise is an internationally recognized expert on the Dead Sea Scrolls and ancient languages. An ordained minister, Dr. Wise also loves to teach scripture at his home church in Wooddale MN. At the retreat, Dr. Wise will address the “Prayers of Paul” and also feature a special Saturday evening presentation on the Dead Sea Scrolls.

Worship Leader: Wendy Gordy & The Ten Seven Band

Wendy has a joyful personality and gift for music ministry that engages the heart and soul in worship. Wendy serves as children’s ministry director at New Hope Church in Princeton MN. She is also an avid sports fan and loves game nights with her family.



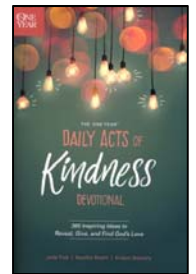
EARLY BIRD SPECIAL - Thursday PM: “365 Daily Acts of Kindness”

In her new book *365 Daily Acts of Kindness*, local author, Kendra Roehl, shares how believers can “live among” the world and show the kind of love that is possible through practical, daily acts of kindness. Kendra, along with sister, Kristen, and friend, Julie, have been writing together for the past several years on their personal blog: *The Ruth Experience*. They believe in the immense power of authentic community and intentionally living one’s faith out loud through simple acts of kindness. Journey alongside them as they share honestly about living lives of integrated faith, motherhood, kindness and reaching others through the love of Christ. Kendra will sign books and Early Bird guests will enjoy making cards and a variety of “Make & Take” gifts of encouragement. www.theruthexperience.com



About the book: *365 Daily Acts of Kindness*

What would happen if you and your family committed to doing one act of kindness each day for a year? This year, embark on a journey to make kindness a part of your life, home and soul. In the One Year Daily Acts of Kindness Devotional, you'll find Scripture passages and inspirational personal stories about why God calls us to show kindness, what it means to live a life of generosity, and how to incorporate kindness into your daily routine (and teach it to your kids!) with tons of simple, easy-to-do ideas.



EARLY BIRD SPECIAL – Friday AM: “Our Quest for Life: A Road Map for a Life that Glorifies God”

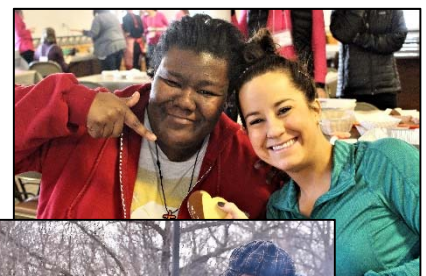
Early Bird guests enjoy a refreshing start to the day with a delicious Camp Lebanon breakfast, worship led by Wendy Gordy, and Bible Study with Pam Rozendaal.



Pam takes us on a walk through the Bible to see our faithful God who created us in His image and lavishes us with His grace and abundant love, so we can glorify Him. Pam has a deep love for studying God’s Word and a passion for teaching women how to approach God’s Word confidently and expectantly in their own study. She can relate to the practical day-to-day challenges women face. She also resonates with the deep longings of the hearts, as women seek to grow in their knowledge of and obedience to Christ.

CRAFT OPTIONS (see full descriptions next page)

- EARLY BIRD FRIDAY - **Make & Take: Gifts of Encouragement** (no charge)
- **Wood Décor Signs** \$15 (all supplies included)
- **Bold North** – Showing your Plaid project (no charge; see info next page)
- **Felted Soap** (no charge; all supplies included)
- **English Paper Piecing** (no charge; all supplies included)



SATURDAY WORKSHOPS

- **1,000 Layer Cake Workshop** – traditional Chilean cake demo
- **Organizing your Home: From Chaos to Control** – Robin Nordhues
- **Study in the Psalms** - Pam Rozendaal
- **I Choose Life: A Mother’s Heart** - Kara Jaehnert



RETREAT ACTIVITIES

- **Integrity & Grace Restorative Exercise** (bring mat, comfy clothing)
- **Massages** (\$1/minute suggested donation)
- **Relaxing Hand Therapy Spa** (no charge)
- **Dust & Rust Antiques & Upcycles** (open 2-5pm; Main St - Upsala)
Everything is one of a kind & reasonably priced. Credit/debit cards accepted

RETREAT CRAFTS

EARLY BIRD - Make & Take: Gifts of Encouragement **FREE!**

Create several practical “Make & Take” projects to give as gifts to encourage others. These projects are free to make and fun to give!

Wood Décor Sign - \$15 Wood signs and pallet boards are a fun, trendy way to decorate your home.

BOLD NORTH – “*Show your Plaid!*” Project **FREE!** (bring garment)

WOO HOO! This year’s Super Bowl will be played in our own stadium on Women’s Winter Warm-up Sunday! Hopefully, our Vikings will be on the field! Let’s join the Super Bowl theme and celebrate BOLD NORTH by “Showing our Plaid” and cheering for Minnesota. There is no charge for this craft! Camp will provide the fabric and notions to create this trendy Bold North plaid design project. **Bring your own gray or black t-shirt or sweatshirt to embellish with a plain Minnesota state design. (Other options that could work well for this project would be a white or black kitchen towel or gray or black fleece blanket).**

English Paper Piecing – (no charge; all supplies included)

Instructor Kris Pedrow teaches the basics of the timeless and popular art of English Paper Piecing. This is a great portable handwork project with so many possibilities!

Felted Soap – (no charge; all supplies included)

Make your own felted soap with wool roving from a local llama farm. Felted soap is great for your skin and is like having soap and a loofah pad all-in-one!

RETREAT CHECK IN & THINGS TO BRING

Early Bird Guests: Check-in opens at 4 pm on Thursday (Chalet). Dinner is served at 6:15 pm; evening session begins at 7:30 pm.

Weekend Guests: Check-in opens at 4 pm on Friday (Chalet). Dinner is served at 6:15 pm; evening session begins at 7:30 pm. The gift shop will be open and assistance with luggage will be available, if needed.

Things to Bring:

- Bedding/mattress pad, pillow, towels, toiletries, earplugs
 - Bible, camera, table games, informal/comfortable clothing
 - Exercise mat, towel, water bottle - Integrity & Grace Workshop
- Gray or black sweatshirt or t-shirt for “Showing our Plaid” Project

OTHER RETREAT ACTIVITIES

Free Time Fun – Snowshoeing, snow tubing, skating, broomball, handwork projects (knit, crochet, English Paper Piecing, etc.) by the fireplace, table games, ping pong, pool table, carpet ball. If interested in “moonlight snowshoeing,” be sure to bring a headlamp. Or, enjoy lingering over a good cup of coffee and savoring time for sweet conversation.

LOVE OFFERING – Our annual retreat offering will help Camp purchase 12 brand new and super fun CORCL boats and paddles. Talk about a gift that will make a BIG SPLASH! These spinning boats will be a wonderful, exciting addition to the waterfront. Thank you for your support!

2018 Retreat Schedule *

Thursday Early Bird

3-5pm	Dust & Rust Antiques (Upsala)
4:00	Early Bird Check-In
6:15	Dinner
7:30	“365 Daily Acts of Kindness”
9:00	Card Making, Snacks & Fellowship

Friday

8:00	Breakfast
9:00	Bible Study: Pam Rozendaal
10:30	Make & Take: Gifts of Encouragement
12:30	Lunch
2:00	Make & Take: Gifts of Encouragement
2-5pm	Dust & Rust Antiques (Upsala)

4:00	WEEKEND RETREAT GUESTS CHECK-IN
6:15	Dinner
7:15	Chapel: Dr Michael Wise – Prayers of Paul
9:30	Snacks, Games, Relaxed Fellowship

Saturday

8:00	Breakfast
9:00	Chapel: Dr Michael Wise – Prayers of Paul
11:15	Workshop Options
12:30	Lunch
1:30	Free Time Fun/Activities/Crafts /Games
	Bold North – Show your Plaid Projects
	English Paper Piecing/Knitting/Crochet
	Snowshoeing, Tubing, Broomball
3:00	1,000 Layer Cake Demo
6:00	Candlelight Dinner
7:15	Chapel: Dr Michael Wise – Dead Sea Scrolls
9:30	Snacks, Games, Relaxed Fellowship

Sunday

8:00	Super Bowl Breakfast
9:00	Chapel: Dr Michael Wise – Prayers of Paul
11:30	Trading Post
	Relaxed Departure

* Subject to improvement





CAMP INFORMATION

Beautifully situated as a peninsula on spring-fed, fish-filled Cedar Lake, Camp Lebanon offers year-round fun for all ages. Famous for delicious food, clean facilities, and friendly staff, Camp is well equipped to provide memory-making experiences for all ages.

PARTICIPANTS Ladies 18 and older from all denominations are welcome at women's retreat. Desiring to best serve all guests, we are not able to accommodate babies.

FREE TIME ACTIVITIES Snowshoeing, Tubing, Skating, Broomball, Exercise, Hand Wax Therapy, Fun Crafts, Knit or Crochet by the fireplace (or learn English Paper Piecing!), Table games, napping ...

HOUSING Two comfortable options: (1) cabins, and, (2) other, including dorm-style rooms (Scandinavia & Chalet) and hotel-like units (Cedar Bay Lodge & Birch Point).

CABINS: 15 units with 5 bunks, 2 single beds. Modern shower houses nearby. Linens not available.

SCANDINAVIA*: 6 units sleep 3-12, community showers, large meeting room, sun deck.

CHALET*: 6 units sleep 5-11, private sink vanities; community showers, elevator.

CEDAR BAY LODGE/BIRCH POINT*: 18 units sleep 4-5 adults (extra-long bunk bed, queen double, rollaway), private full bathrooms.

(* **Linen service** available: bed sheets, blanket, pillow, towels. Weekends: \$6 per person).

THINGS TO BRING Bedding, towels, Bible, earplugs, informal clothes, toiletries, table games, flashlight, snowshoes or skates. **DO NOT BRING:** weapons, alcohol electronic entertainment devices.

LOVE OFFERING Our retreat offering will help us purchase 12 new CORCL boats and paddles. These boats will be a wonderful, fun addition to our waterfront program. *Thanks for your support!*



BOLD NORTH CRAFTS – Show your Plaid! The Super Bowl comes to Minnesota on Women's Winter Warm-up Sunday! Hopefully, our Vikings will be on the field! Let's join the Super Bowl spirit and celebrate the **BOLD NORTH** by "showing our plaid" and cheering for Minnesota! Bring your own gray or black t-shirt or sweatshirt to embellish with a plaid Minnesota state design! (Other option: white or black kitchen towels, or black or gray fleece blankets.) We'll provide the fabric and supplies for you to create a trendy Minnesota Bold North plaid project. SKOL!



2018 RETREAT FEES

- \$129 Cabin housing
- \$159 Other (Cedar Bay Lodge, Birch Point, Chalet, Scandinavia)
- \$55 Early Bird Thursday – Friday

50% Discounts (linens, activities extra)

- Pastor's Wife / PAID FT or PT Ministry Staff
- College Students (full-time)

CANCELLATION POLICY Full payment required to save your spot (includes non-refundable \$50 deposit). No refunds after January 25 unless spot is filled.

FINANCIAL HELP Camp Lebanon hopes that fees are never the reason for not attending retreat! Financial Assistance is generously offered based on need and availability of funds. To apply, send your registration with a \$50 deposit to hold your spot, and request the **E-Z SCHOLARSHIP** application. We will confirm your application request prior to processing your deposit and payment.

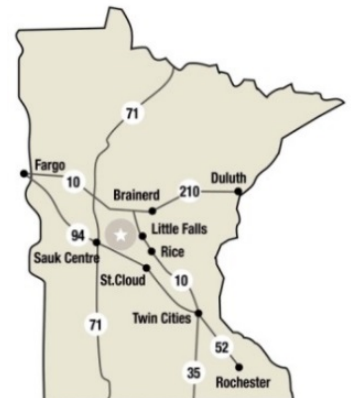
LOCATION GPS ADDRESS: 1205 Acorn Road - Burtrum MN 56318

Camp Lebanon is located 5 miles west of Upsala and 40 miles NW of St. Cloud.

2018 SPRING WOMEN'S & FAMILY EVENTS PREVIEW

Quilt & Scrapbook A (Thursday Early Bird option)	March (1) 2-4
Quilt & Scrapbook A1-2 (Sunday-Tuesday)	March 4-6
Quilt & Craft B (Thursday Early Bird option)	March (8) 9-11
Quilt & Craft B1-2 (Sunday-Tuesday)	March 11-13
Quilt & Craft C (Thursday Early Bird option)	March (15) 16-18
Quilt & Craft C1-2 (Sunday-Tuesday)	March 18-20
Quilt & Craft D (Thursday Early Bird option)	March (22) 23-25
Quilt & Craft D1-2 (Sunday-Tuesday)	March 25-27
Father/Son & Grandpa Spring Retreat (Friday-Sunday)	April 27-29
Mother/Daughter & Grandma Retreat (Friday-Sunday)	May 4-6
"Young at Heart" Seniors Retreat (Mon-Thurs; Tues – Senior Day)	May 14-17

1.800.816.1502 life@camplebanon.org



2018 WOMEN'S WINTER WARM-UP REGISTRATION

ON-LINE REGISTRATION AVAILABLE AT www.camlebanon.org/register

Name _____ First-time attendee Returner

Address _____

City _____ State _____ Zip _____

Home Phone (_____) _____ primary Cell (_____) _____ primary

Email (print clearly) _____ Church/City _____

DIETARY RESTRICTIONS: Gluten Free Dairy Free Vegan Other: _____

I am interested in volunteering at Camp Lebanon: Nurse/Medical Para/Social Worker Cleaning/Housekeeping

Painting/Decor Hobby (Guns, Craft) Other: _____ Occupation _____

Select Events & Activities – Please check ALL that apply

EVENT

- WINTER WARM-UP WEEKEND: February 2-4, 2018
- WINTER WARM-UP WEEKEND plus Thursday Early Bird – add \$55

HOUSING

- Cabin \$129
- Other \$159 (Lodge, Birch Pt, Chalet, Scandinavia)
 - Linens \$6/set (Includes sheets, pillow, blanket, and towels; not available in cabins)

Housing / Physical Limitations (specify): _____

Housing / Roommate Requests: _____

ACTIVITIES

EARLY BIRD ACTIVITY OPTIONS – THURSDAY/FRIDAY

Thursday Evening - "Acts of Kindness" presentation with Kendra Roehl + card-making crafts (INCLUDED – no charge)

Friday Morning – Worship with Wendy Gordy and Bible Study with Pam Rozendaal

CRAFTS:

- EARLY BIRD - Make & Take Projects: Gifts of Encouragement (INCLUDED – no charge)
- Wood Décor Signs – \$15 (all supplies included)
- Bold North – "Show your Plaid!" Craft (INCLUDED – no charge; Bring gray or black shirt; all other supplies provided)
- Felted Soap (INCLUDED – no charge; all supplies provided)
- English Paper Piecing (INCLUDED – no charge; all supplies provided)

RETREAT ACTIVITIES:

- 1,000 Layer Cake Workshop (INCLUDED – no charge)
- Integrity & Grace Restorative Exercise (INCLUDED – no charge)
- Dust and Rust Antique Shopping – Upsala (Hours: 3-5 PM Thursday & 2-5 PM Friday)

Payment, Discounts & Financial Assistance (only one discount may be applied)

- MINISTRY DISCOUNT 50% - Pastor's Wife/ PAID PT or FT Ministry Staff (linens, crafts & activities extra)

Please list Church & Position _____

- STUDENT DISCOUNT 50% - Full-Time College Students (linens, crafts & activities extra)

Please list College/University & Degree Program _____

- FINANCIAL ASSISTANCE - Send registration with \$50 deposit and request an EZ scholarship application

Weekend Fee _____ Early Bird Fee _____ Linens _____ Crafts _____ TOTAL _____

- Check (preferred) Credit Card Please Charge \$ _____ to MC VISA Discover

Name on Card: _____ CVC Code: ____ _

____ - ____ - ____ - ____ Expiration: ____ / ____

Signature: _____ Date: _____

Release: By submitting this registration, I/we grant Camp Lebanon permission to use comments and/or images in Camp promotions. I/we further agree to not hold Camp Lebanon liable for any illnesses or mishap from any cause whatsoever.