

Camp Friedenswald Women's Retreat

September 18-20, 2026

with **Amanda Gross**
 Author of *White Women Get Ready*

Friday

5:30 pm Arrival and Check-in – *Dining Hall*
 6:30 pm Supper – *Dining Hall*
 7:30 pm Welcome, Introductions & Getting Started – *Cottonwood*
 8:30 pm Popcorn Campfire – *Mosquito Hollow*

Saturday

7:30 am Polar Bear Swim (self-led) and Morning Tree Yoga with Michelle – *Dining Hall Lawn*
 8:10 am Morningsong – *Amphitheater*
 8:30 am Breakfast
 9:30 am Worship – *Cottonwood*
 11:15 am Free Time / Activities

- Kayaking and/or Canoeing with Amy – *Waterfront*
- Pontoon boat ride with Jenna – *Main Beach*
- “I Am From” Poetry of the Peaceful Woods with Stephanie – *Dining Hall Lawn Picnic Tables* –
- Book Discussion with Amanda
- *Labyrinth*

12:30 pm Lunch
 1:30 pm Camp Store
 2:00–5:30 Free Time / Guided Activities (*See below*)
 3:00 pm Snack

2:00–3:00	Yoga with Michelle	<i>Wonder Walk / Labyrinth</i>	Pontoon ride with Jonathan – <i>Main Beach</i>
3:15–4:15	Prayer Flags	Archery	Pontoon ride with Jonathan – <i>Main Beach</i>
4:30–5:30	Nature Walk with Amy– <i>Circle Drive</i>	Wagon Ride with Jonathan or Jeremy – <i>Circle Drive</i>	Pontoon ride with Jenna – <i>Main Beach</i>

5:30 pm Supper
 7:00 pm Worship – *Cottonwood*
 8:30 pm Dance in Sandhill

Sunday

7:30 am Polar Bear Swim (self-led) and Tree Yoga – *Dining Hall Lawn*
 8:10 am Morningsong with Gwen – *Amphitheater*
 8:30 am Light Breakfast
 9:30 am Worship (*Offering for Camp Friedenswald Scholarship Fund*) – *Cottonwood*
 11:00 am Brunch / Camp Store / Pack up
 1:00 pm Farewell! See you at next year's Women's Retreat – September 17-19, 2027!!

Speaker: Amanda Gross
Songleader: Cindy Ropp
Accompaniment: Hannah and/or Gwen
Campfire: Hannah Lehman

Worship: We are grateful to **Amanda Gross** for facilitating our gathering times this weekend.

Morning Activity: Tree Yoga – Join Michelle Bode on the front lawn of the Dining Hall to be led in slow, loosening, strengthening “tree yoga”.

Activity: Pontoon rides – Meet at Main Beach. Enjoy a leisurely ride around Shavehead Lake.

Activity: Canoeing and/or Kayaking – Join Amy Huser at the Waterfront to get a lesson in Kayaking and/or Canoeing. Dress for the water. :)

Activity: Making Prayer Flags – Join Gwen in making fabric prayer flags to fly in the breeze.

Activity: Poetry of the Peaceful Woods –

Activity: Nature walk with Amy – Explore the peaceful woods with seasoned nature guide and Director of Sustainability at Camp Friedenswald, Amy Huser! Meet at the Circle Drive.

Additional Offering: Saturday Night Dance – with Cynetha and Megan

Additional Offering: Chair Massage with Ashley Halliburton will be offered throughout the day on Saturday (\$25 – paid directly to Ashley, Credit Cards accepted). Note from Ashley: I have been a licensed massage therapist since 2010. I have passion and excitement for what I do because I know it's life changing! You can schedule a 15-minute chair massage on the Sign-up Table.

Additional Offerings: Labyrinth (Lower Flat), **Kayaking & Canoeing** (Waterfront), **Swim** (at your own risk – Waterfront), **Walk in the woods** (maps on table by the office), **Meditation Walk** (guidelines on table by the office), **Tree ID Walk** (Tree ID Guides on table by the office). **Board Games** (cupboard across from Gameroom), **Ping Pong Tournament** (Activity sign-up table).

Questions? Need assistance? If you need assistance throughout the weekend and a camp staff member is not readily available, please contact us by picking up the receiver on a camp phone and dialing 500. *If you would benefit from the use of a golf cart, please ask! We're happy to help.*